

2015

In Three Acts



m & j
photography

2015 – A YEAR IN THREE ACTS

In early adulthood, I'd only journal when I took a long trip. My first travel journal is from the summer of 1996 when I visited friends in South Africa and Zimbabwe. A cross-country driving trip followed in the summer of 1998, where I wrote in depth about seeing family and friends along the way. Three years later, I chronicled my month trying to learn Spanish in Guatemala. Uncharacteristically, I didn't journal about my 2003 trip to England and France with my dad, nor did I write a single word about the circuitous bus trip I took from Philadelphia back to Los Angeles when I returned from Europe. Every time I haven't written about a trip, I've regretted it – especially once the sands of time settle and my memories fade.

My magnum opus came in 2009. I decided that come Labor Day I'd leave my job and walk from West Hebron, NY (where I was born) to New Orleans, LA. As soon as I started planning for that walk, I found that I was back to journaling about my experiences. This time I'd graduated from faxing/emailing updates out to friends to blogging on my own website. That site is now defunct, but I still remember the name: Poorman Walking. That blog lasted most of the year – all the way to New Orleans – so today, if I want to go back and see what I was doing/thinking in 2009, a lot of primary source evidence exists (*at least the bits I was comfortable sharing with the public*).

The private side of journaling interests me even more. I love a journal that was written with the expectation that it would *never* be read by someone else. The kind of candor that allows – showing off both human light and shadow – is what I find most engrossing. I'd dipped my toes into those waters over the years but never stuck with that practice for a longer period of time. Often, they were more like “free writes”, lacking in grammar and in narrative structure. Looking back, those are the ones I enjoy reading most of all: me as my most candid and complicated self.

After my walk to New Orleans, my intermittent “confessional” journaling came in fits and starts. There are snippets of diaries from all the years 2010-2013. All are partial and of varying lengths, but they delightfully candid. I am not the hero in those pages, just a bumbling protagonist repeatedly making the same mistakes. What I didn't know was that my journal-keeping impulse was taking the baby steps needed to become something more sustained and consistent. Then I got a call from my uncle.

In the autumn of 2014, my uncle was suffering from late-stage Lou Gehrig's disease. He didn't have long to live, the disease was untreatable, and his daughter (who lived next door to him in upstate New York) needed help providing him 24-hour care. I moved up to New York to live with him. The six months that I was with John (he died on Easter morning the following year) became, quite naturally, a deeply reflective period in my life. I grappled daily with the reality of death – both John's and, more subconsciously, my own at some unknown point in the future. As the Paul Simon lyric goes: *They say all roads lead to a river / Then one day that river comes to your door / How will the builder of bridges deliver us all to the far away shore.*

John's bridge was immediately in front of us. Mine wasn't ... yet. But someday, somehow, it was coming. Toward the second half of my time with John, I started writing things I'd done that day on colored index cards. They don't provide much information or context, but I was marking my path. Those continued up until roughly two weeks before John died. I've included them here in this Chronicle of 2015 as the first of three acts. They, together with the eulogy I gave at John's funeral, are Act 1.

Act 2 is the journal I kept on a cross-country car trip that started in mid-August 2015 when I was best-man at my friend's wedding in the Adirondacks. The trip continued across parts of Canada, back into the US, out to Oakland, down to Southern California, over to Las Vegas and then back east. I got back to Bryn Mawr, PA on the day I turned 42: September 14, 2015.

Act 3 are scans of the moleskin journal I started on October 20, 2015. The moleskin journals (confusingly written left to right on the page) became a true “religious” practice. I kept at them daily for a full eight years, finally petering out in the autumn of 2023 after turning 50. At that point, having lost the inspiration, I turned to the task of archiving those I had. So, the notes around each page in blue ink are reflections from eight years in the future and the scribbles in pencil are the primary sources themselves: what I was thinking about and what I was doing in the present moment. Well, as close to the Present as one can hope. Usually, I wrote about the previous day the next morning when I woke up. If anyone ever reads any of this, know that only the eulogy was ever written with the intention that it would be read by eyes other than my own. What you are getting is life at its most honest, fractured, confused, silly ... add whatever other adjectives you can muster. It is Life Itself. (*This introduction was written in 2025*)

Thurs, Jan 1.

9:00 Feeding 9:30-11:30 Read 12:00 Shower/Eat 12:30 Cablekill c/w's
Walmart (gray pants) 2:00 John Shower/talk to Thembi 3-4 Walk 5 Workout
Night: Oregon v Florida St. Rose Bowl w/ John

Friday, Jan 2

7:30 - 10:30 Drive to NYC (Hudson History, Bullseye Comedy, HoR) 11:30 Workout
12:00 Lunch. Arch walk Broadway/57th/6th/Rock Center/Bryant Park/Madison/
Lexington/Madison Square/Strand Books/El Dorado/Keisha/back to Penn
8:30 Ursula's Apt 11:00 pm Walk to 72nd UWS (pizza w/ girls asking ages) Station
12:30 Walk to Paramount to see CeCe 3:30 am Leave to walk back to Ray's
4:15 am Sleep.

Saturday, Jan. 3

10:15 Wake up 10:50-12:00 Walk to 125th & ACP 12:30-2:30 Kady & Beau
2:30-3:00 Walk to 96th Lex (Library) / train to 59th / walk to Fika 4:00-6:00 Tea w/ Jan
6:00 Walk back to Ray's 7-10:30 Drive to John's (HBR, Dan Carlin)

Sunday, Jan 4

9am Feeding 9:30-11:30 read 11:30 Shower 12:30 Feeding / John Shower
1:30-3:30 Colts-Bengals 3:30-4:45 Walk (Kirsta Tippett) 5-6 Core, Feeding
6-7:30 Cowboys game (Chris Christie) 8-10 Burns: 1920s baseball 11:00pm Sleep.

Monday, Jan 5

→ The Out of Towners (1969 ¹⁹⁶⁹ ~~1988~~) NY looked like a dump; exhausting movie
Walk: Prof. Blastoff w/ Moshe Kasher Burning Man / Rave
Watch: Burns Baseball 20's: Babe Ruth's caught stealing to end '26 WS
- Read more on Lou Gehrig. (Whoops, this was seen) / Sontag to get to sleep
on HBO.
"We need an erotica of art"
(not so much a critique.)

Tuesday, Jan 6

No heat from Geo-Thermal

Walk: Memory TED Talk NPR - The Present is 3 seconds, All memories are reconstructed.
Watch: The Trip (Gentleman, we rise at dawn)

Wednesday.

Harold came to fix Geo-Thermal (Michele)

Walk: None Too effin' cold.

No Gore

Watch 30 for 30 Randy Moss

Thursday, Jan 8

8:30 Wake-up Cat missing & leaky Geo Thermal

Walk: Paul Thomas Anderson w/ Marc (River Walk)

Watch: 1930s Burns baseball (Gehrig, Feller, Neyer leagues)

Friday, Jan ~~8~~ 9th

7:30 am / Read Philippa Schyler (dad's 1927 prec)

Caught Jasper outside / Walk Town & River (end of PTA with Marc, then MiB)

Watch Altman documentary.

Saturday, Jan 10 (Enkel + Kady bday)

7:30 / Read Okrent → Long convo w/ Noah

Talk to Alyssa, Annette / Walk Town & River (end MiB, Hollywood Canteen)

Watch Pats-Ravens (Pats win), Seahawks-Panthers (Sea) / Text w/ Ogechi

Sunday, Jan 11 (2-year office nonjob anniversary)

7:30 / Read Steinberg / John no shower / watch Cowboys lose to Packers (Dez catch)

Talk to Thembi / Short Walk (no pad) / Colts-Broncos, Golden Globes

Talk to Renise / Beginning of Togetherness Ham sandwich

Monday, Jan 12

8:30 / Read Okrent / Read Hilton Als "Michael" / John Shower needed help

Grocery Shopping (Marion/Apatow re: Cosby) / Walk Molly & shovel / Extras ☺

Oregon-OSU Championship Game / Call Line / Read Zealot

Tuesday, Jan 13

Wed, Jan 14

7:30 / Steinberg / Molly to PetSmart (Gimmar's Klosterman) / Walk around
Iroquois Lake / Walk Molly (Clark Gable/Carl Lumbard) - then Startup
Core / dinner / French Connection / NYer Bread Fiction / Texting w/
Nikki re: Selma / Brad Pitt Premier / Sleep w/o any acid.

Thursday, Jan 15th

8:30 / Read Schuyler book / John shower (helped up) / PS w LaToya
Walk (MiB) river route / Pizza Night (music talk w: youth group)
Watch Red with John / Finish HBO Togetherness in room / 10:30 asleep

Friday, Jan 16

Parents arrive - lunch - talk (Cherita Hede) / Dog walk/run w/ Dad
My walk pt 2 MiB. Dinner w/ whole family / they watched Casablanca -
I sat at kitchen table online / slept downstairs -

Saturday, Jan 17

wakeup 6am / Read DR 6:30-7:30 / Shower, Leave for NYC @ 8 / Hardcore History (90min)
then music, then Bunny Boys NYS Pavilion / Arr @ FM-Corona Park 11am - walk
round the pavilion then post-soccer ^(The Champs - Hadqish) games up around the Pool of Industry to
Unisphere / Museum opens @ 12 noon - Panorama of NYC !! / Another walk
round the park / Drive to Hollis to meet Annie / The Door Jamaican res.
(cat-tail, goat-head soup) / get headphones / watch MTV / JO at her apt.
Drive home through NJ across Thruway Neck (Listen: End Champs; Invisibilia:
House of Run) Arrive back 11:30pm

Sunday, Jan 18

Mom and Dad left @ 2; convo @ table about prayer from kids church; no walk
crazy Seahawks comeback (Ray critical about everything); John late shower

Monday, Jan. 19

Broke Molly's harness running; Marc-Mike Judge (DIY attitude; Clemente's
last game (71 WS) on Youtube; Jim Gaffigan on Netflix - hard laugh w/ John hotel
stationery; afternoon - Girls see a writer's workshop; Togetherness ep 2.

Tuesday, Jan 20

"A Day that went to Plan" Read/Shower/Shop (Walmart)/Nap/Walk (BS Report)
Watch (Burns 1940s) / Talk (LaToya) / sleep
Richard Price piece on Public Housing

Wed., Jan 21

Coyote Sighting - photo tracks cold! ; Harold visit (talker) ;
John shower, my shower ; watched old vid G.O. ; walk (Simmons-Dunham, Burr)
Watch 1952 WS Yank-Dodgers ; Trip to Italy.

~~Thurs.~~
Thurs., Jan 23

Read Gopnik w 2010 Nobel Prize / Polish poet / Talk to LaToya before hair appt
Walk (MiBlazers) / Watch Italian Movie shop hour in then UK Office ep, USA ep

Friday
Saturday, Jan 24

Zealot / Rock memoir / discuss Boston drive / shower J.O. / 3pm tea w/ DR book
Walk (Champs-Elysees) / Righteousness? / Cloud formation, monkey in tree, bench in jungle
ch. sausages salad / Station Agent (the quiet joy of being who you are with a few other
people) Szymborska Map / The End and the Beginning / Consolation
"Some one must clean up after war" "Darwin. They say he likes to
read novels to relax."

Saturday, Jan 25

Read. Trip to Catnap bookstore brought Month of Sundays and O'Malley book
No extra walk - just Molly (Penn Station sucks 99% I)
Watched NY Yorker Presents w/ John. Talk to Nikki J.O. / J¹ / JM watched P, I & Aub

Sunday, Jan 26

Read / Do Lunch / Talk to Ursula / Walk (BB-Billie Holiday, Marenco July → Janet Fenne
and Simon Rich) / Core / Watch: Renoir / Instruct Kisha

Monday, Jan 27

Read / Do John's lunch / Shower / Walk @ 3 - Dance, Ricky Jay, Al Michaels
LaToya J.O. / Mom call re: Laurel / Late feeding @ 6pm / Watch Muscle Shoals
(cult of professional success, not ^{inter-}personal) / Blizzard that failed to materialize

Tuesday, Jan 28

Read (finished Zealot & Sireinberg Gotham Unbound) / Shower, Eat, John Shower
G.O. w/ only / Walk (Invisibilia - Fear !!) Shower / Core / Dinner 7 1/2 memory
discussion re: Clemente / Watch Burns 1950s - NY centric / Watch: Togetherness
and Girls

Wed. Jan 28

A day lost to history -- oh, listened to Amy Schumer on walk.
Watched Rocky Jay documentary.

Thursday, Jan 29

John's ALS Appt / Java place on Wolf Rd (Papa New Guinea) / John
and Michele really down in spirits / Late lunch feeding (new coop) /
Walk (M.B.) / Pizza night / Nap on sofa / Kentucky-Mizzou /
John on floor 1 am.

Friday, Jan 30

Read (DR); Walk (BK-MacMorton Tracy Chapman song)
Watch (1986 Sox-Angels; 'Catching Hell')

Saturday, Jan 31

Woke @ 4am to watch Serena win Aussie Open. / downstairs @ 6am
up to the room 10-12 (Caitie) / Lunch, John shower / walk (Radlab football)
watch Nova game then end of catching hell w/ Matthew / Mikayla & John
watched movie and I napped upstairs.

Sunday, Feb 1 (Super Bowl Sunday)

Watch part of Djokovic-Murray @ 4am / Back to sleep / Read
Only dog walk / talk to Endel (best man) / Super Bowl with John then Peter
and Matthew (crazy NE interception @ 1-yard line) / Talk to Jackie.
John stuck on bed.

Monday, Feb 2

SNOW, SNOW, SNOW (cold, friz.) Read O'Malley / Shovel (Fresh Air Religion Anthology editor) / Watch Man Seeking Woman / Shovel again (BS Repeat on SB) / Watch: Ametiz (details, quirks of life)

Tuesday, Feb 3

Read O'Malley, Lin-Manuel NY) / John shower / Watch: Inning 8

Walk (Mann-Gaffigan) / Watch: Bronx City, Americans
John's credit card success.

Wed, Feb 4

Read O'Malley, Angell / Poem work / Parks & Rec / Walk (Burrage 101 & Hedy Lamarr)
Talk to Laurel / Watch 2 Extras and Jim Gaffigan (OS) Koffee Sport Century.

Thurs, Feb 5

Read O'Malley, research Newcombe / guy comes to fix John's toilet / Grocery store (Criminal MC, NCR-Annie) / Bronx City (ITILARTY ep 4)
Snow dancing in the wind on walk and in roadways / Really cold
Short Molly walk, then mine (M.B) / Pizza Night (OS Dodge Twins 6m 7)
Watch Nebraska (Scene when the men are watching football)
also read Chimamanda's piece on depression!

Friday, Feb 6 (day one of Ogechi fast)

Read O'Malley, Ken (lost contract), Verduci / Bi-pap training / shower and John's
watch Men Seeking Women (couple up, mother) / Walk (Reply All, Baldwin J. Moore)
talk to John in helping him more in shower / watch Queen to Play / Americans

Sat, Feb 7

coffee, 7:45 North London Derby (late Harry Kane winner) / Molly vet appt.
Boston w/ J³M canceled / watch P-GO / Walk (House of Run-Queen H.)
Watch NB Track & Remembrance the Stone / Americans at bed.

WIRM: Ordering Ogechi's We-V and getting Dawn's nice Velay card.

Sunday, Feb 8

coffee, read O'Malley, Peter stops by w/ Towett book / shower
watch Parks & Rec / G.O. / short nap / Walk in light snow (T.O.E. / Dupless
end) / Core / dinner and Towett read / Watch: Extras (2) / Better Call
Soul / 90's Reds / W.I.R.M: How different 1836 is from now - oh, the
wonderful Betrand Russell summary in Brain Pickings. (Re-read)

Monday, Feb 9

snowing lightly all night and morning / finish O'Malley book / new NYer day —
read Remnick ^{on} Dylan and Left Shark piece / shower (John ships) / shovel
watch John Oliver / walk (Invisibilia - categories) / drive to Stewarts / Core /
Kids come over / Crabcake / Watch Burns (Top of the Ninth) / Better Call
Soul & What I Will Remember: Snow big creek, untouched, deep, amorphous,
quiet, still

Tuesday Feb 10

coffee, read Gangs of NY, shower at 9:30, leave for Laurel's @ 10. Beautiful
drive near triple-deep snow, rolling valleys, visit w/ Laurel and friend,
Five Guys Glen Falls [Listen: Maron-Linklater, TAL-Caps, Kurt B., Amy & B.4]

John's shower (shampoo-assier), CORE, Burns Bottom Nine, Talk w/ JM kids homework, watch HBO The Jinx.

Wed, Feb 11

read Helen Jewett, research Boston parking, bi-pap visit, shower lunch walk (MIB), talk to LaToya G.O., 4:30 Moily walk, core, dinner, Jan-Stewart William clip, Melancholy piece, watch Inning by Inning ("Pressure is a choice; do what you love and go ahead and fail; reminds me of Dmitri Martin"); Watch Wine Season 5, ep1

Thursday, Feb 12

Read. Nursing visitor (Insurance) - I'm upstairs. Bad reaction to spray in John's mouth. Long afternoon for him and Michele. Walk (M&D and Den arrive. Visit. Show Darl few things. Schedule next 2 months

Friday, Feb 13

leave 9:15am: Drive to Boston listen to Champs (Rats rapper), HoR (Ciburn) then MDSM (Mongant Cho); Lunch Starbucks Newton; Check-in, airport, back to Hotel. Sex w/ Ogechi, then High Maintenance (stomach cancer, survivalists) then Thai Food on Mass Ave → her brother. Back to hotel. Nap Call NF and GO late (Zan)

Saturday, Feb 14

Shower. Go to Boston Public Library @ 10. Coffee/Compassant. Read til 12. Walk toward Cambridge over Mass Ave bridge (sheet of snow) listening to Andy G - Bob Odenkirk. Lunch at Flour (great Roast beef), then walk around MIT listening to TED podcast on misconceptions. Sit in MIT

food court and read Symboska. Walk to Hotel listening to Fresh Air interview w/ Polish director of Jda. Watch Icha on lounge chair w/ snow falls outside - beautiful and melancholic. Workout to Hock on HUAL. Then downstairs to read. Ozechi returns. Play with the We-Vibe together - she loves it. Then I go get PF Changs amidst a storm and we watch two more HM (actually, the was lepre sex) - teaching intern, Dittmas Park. Watch Friends on Netflix.

Sunday, Feb 15

(crazy blowing snow patterns 1-88)
Blizzard in AM. Stay in bed. Hotel coffee/tea. Talk and 1 G.O. Shower, pack, watch 2 last H.M (Mushrooms and Crazy chick dealer/SEMP girl) breakfast @ Hotel Restaurant. Drop Ozechi off. Drive back (Simmons, E. Foster, Invisibile, Batman, music) Feeding. Kids 7-8. Watch SNL w/ John.

Monday, Feb 16

new pattern: wake at 8:30 bc stay up later to help John get in bed. Decide to drive J&M to Albany Med Neurology appt. / Starbucks tea / Wiper Fluid / Panera Croissant. Read in waiting room. Drive (Invisibilia: Synesthesia) Chill in room until 3:30. Talk to Latoya G.O. / Walk Molly / Core / Evening: Watch Aberdeen (dark!) and Extras ep. / Talk to Jackie and Nikki (edge.)

Tuesday, Feb 17

drive to Cobleskill, then Hannaford (listen Kurt B.), Lunch feeding, J&M leave for Syracuse, bi-pop, read (Bol: Mary the wrong person) Walk (NYer 90 press) Core; Fajitas; Watch Mostly Martha (German); Togetherness; Talk to Nikki

Wed., Feb 18

All day @ the table desk. Read: Gehrig, Key & Peele (Wyer), Langston (Wyer), old profile of Gehrig - "The Little Home" and Barney Josephson (Cafe Society) Walk (Simmons / SNC / Jerko); Core; Dinner / Mom reading on computer; Syracuse-Louisville game on in background. / Talk to Nikki (night 3)

Thurs., Feb 19

Appt-story.

Table desk. Read Gehrig, Faith Griffin / Columbia; Jevity arrives; bi-pap Remnik on Malcolm X; Shaver John (more duties); lunch; ~~mom reading~~ 2:30 talk with LaToya (edge); Walk w/ Mollie (w/d!) Remnik Fresh Air; Core (Simmons-Seth); dinner; Burns Bottom 10th - PEDs, 1994 strike, Bonds. Talk to Nikki on Skype 6:0.

Friday, Feb 20

Read Schryler, ~~Remnik~~ Remnik archives (Roth), Gehrig; bi-pap (2hr); Heidi called (remember 6/6); feeding then shave, face wash. Down 3 Smiths visit; Walk (Freakonomics - Terrorism; YMKT - Lenuhine) No Core; Watch Extras (finish); Talk to Jenie DC NOGO.

Saturday, Feb 21

Read Gehrig, et al. Research on Col. Ruppert, Yorkville brewery; how legends grow; After lunch went to Colone Center (Reply All - Dating > 60, Start Up and season) Drive to Stuyvesant Plaza (Read Harlem Nocturne). Drive back in snow; No walk; Core (House of Run); John said; watch Frances Ha! Talk to Kris

Sunday, Feb 22

Read Gehrig. Research walking tour for Ray's Person. John shower
a Walk on sunny warmer day - On Being on Love/Relationships. Then
Simmons - Harabo. No core. Dinner. Matthew then Mikayla. No
movie. John doc on Billy Bean. I read old NYers - Als and Cole on
Baldwin. Upstairs gchat w/ Ray re: Oscars.

Monday, Feb 23

John still w/ stomach problems. No 9am feeding. Read Gehrig and Thom. No lap.
Quick 6.0 to BTO (Shower / Grocery shopping Walmart (Meron - Dean Martin bio guy)
Walk (Simmons - Kobe / Bill Burr) / Core / Watch Virunga. ~~Get~~ Emilia doc / SNL
John couldn't lay down on bed / down in chair for night; Rough. prier

Tuesday, Feb 24

Terrible day for John - head, stomach. Can't get comfortable or get sleep.
Read Gehrig, Thom. Feeding @ 10. Rest again. Upstairs in room from
after lunch til 3:30. Moly walk (HVal - Maminether), Core: John feels
best around 4/5. Watch Burns Inning 21.

Wed, Feb 25

Gehrig, Thom. John still not well. Ginger Ale in chair: shave, shirt,
compress, hair. Visit from nurse went well. To my room after lunch -
6.0, shower. 3:50 Walk (M.B - Oliver); Core: Map work 796th;
Watch Cirque de Soleil, then Better Call Saul upstairs. John fell on co
but slept better.

John Peter Zenger

Thurs, Feb. 26.

John feeling bit better. Read Gehrig, Thoreau, think about 79b, quiet morning. Lunch, John shower, my shower, Walk (Kurt & wife), Cox, Pizza Night, Seinfeld clip, & Fantasy ball research, Matthew mock draft, PortHarcadia, upstairs: Jinx ep 2.

Friday, Feb 27

Normal morning (John and I now both down by 6ish); read Gehrig and Thoreau. Opening of Carnot Barn - lunch. Walk (Simmons - Kusterman) Molly walk (Simmons/Hok); afternoon M&B network; Watch HBO Real Sports; Upstairs read Thoreau; start watching ManSeekW - sleep.

Sat, Feb 28

down @ 6:15 / Thoreau, Gehrig, NYer ²⁰⁰⁵ ~~2006~~ on Tony Kushner, Seymour, 2005 memories; lunch, shower, early walk ^{Ms. Pet}, Colonia Center (Focus), Whole Foods, back @ 8:20pm; feeding, tired, asleep by 11pm.

Sunday, March 1

Gehrig, Old NYer, John in chair - quiet Sunday morning / feeding then shower / lunch then walk (Mann-Schwartzman), then test out John in car and it becomes clear Boston is a bad idea. / talk w/ Michele, then feeding watch Tiny (inspiring) then Last Man on Earth then upstairs. John gets in bed at 11:40, then by 12:40 calls w/ help w/ pants - he went to the chair.

Monday, March 2

downstairs 6:15 ish. Normal morning reading. John tired he slept most of night in chair. Lunch, shower (G.O. to GWA Swahili); walk at 3:30 - ThrasherLife (Regrets - I've had a few); Intentional talk, dinner, watch World's Fastest Indian (passion!); read Plowshares NYer article

Tuesday, March 3

Cheryl came @ 8. Worked w/ her on shower until 10. Cannot Barn read and cider donut. Lunch. AVAPS appt. Phillies game. Walk (HUAL), Cove, Dinner, then stomach problems for John. Got bail - opened tube 2x. Finally settled (watching Kix) and were able to give meds, then Ginger Ale and MyoLex. He slept downstairs. No calls. Watched Togetherman then zzzzz

Wed & Thur ³ 4/5

Wed fitting cancelled. John too tired. I talked to Kisha @ Night 6:0. Wed night: Gopnik on Gospels & Q&A

Thursday Cheryl came. John feeling better after bad headache. Went Feivity Walk to CB - Papa Neutro. (MIB) ~~Molly~~ Kershaw Spring Training. Molly Walk. JM birthday pizza. Late dinner John. Watch Alamar Upstairs - watch Brazil City, start Mon Seeking. Sleep.

Friday, ^{March} Feb 6

Quiet morning. John in chair until 10:30. Email Alec W. Read. Watch ZIP of Hamels; Grocery store (Longform-Gospel); Molly walk (HOR) - John feeding - Walk alone; John sleep - early dinner for me. Ate too much Watch Kimmy S. - then Miracles and Men w/ John. Upstairs by 9:15. →

finished both Gehrig and Thoreau.

Saturday, ~~Feb~~ 7 March

Angela came 8-12. Showered and then hung out 10-12 in my room. Lunch, then Phillies game. Walk at 3:30 and then back for dinner. Dinner upset John's stomach and starting around 9 we were in bathroom with him writhing. Meds. Settled down somewhat around 10 upstairs. Watched B.C.S.

Sunday, Feb 7 March 8

emails! Nikki, Carolyn, John T., Bill W., read Mathewson, look at Aug trip NYC photos, Shower, Lunch, Yank-Nets, Walk (Little Italy), Shower, pitching dinner, watch Babettes Feast, then upstairs - watch Togetherness. ^{stop}

Monday, ~~Feb~~ 9 March 9

Pretty normal day, as far as normal goes. Stopped by the clerk's on my walk for molly's robes. Listen to NCR Podcast. Watched Two Men Go To War (full a leap); 40s tumps, very soggy walks.

Tuesday, Feb 10 March 10

Cheryl ride; things went smoothly; walk to Carrot Barn - Rita Hayworth pod + Alec book; Molly Vet; John GI trip; Walk (Larry David - Dave Davies) Watch Man on Wire; talk to Nikki. THE SHAPE OF TREES.

Wednesday, Feb 11 March 11

\$300.18

\$122 part - apt two weeks from today. - Girl's guide to sexual purity LA

Wed (cont.)

Canot Bam sandwich from Michelle; shower; early walk (Simmons then K-Onle); Talk to LaToya; Molly walk (Philip Levine); Core (HVal); Dinner, watch Clips-Thunder, upstairs by 9:45 watch MoW FXX; John

Thursday - Saturday (random memories) **March 12-14**

The look of pained suffering on John's face; the two of us sleeping downstairs w/ Molly. The conversation amidst pain where he expressed his thanks and talked about difference b/w weakness and sickness. HOR, Delia on drive. DeBange song and Jokei near Bethlehem. Soggy walk and Japanese baller bombs @ Hanford. Smoke and Cool Light and loud music w/ Spencer. Huge cum w/ Jackie on phone. There will be days ~~this~~ like this (Starbucks)

(cont) **12th-14th Cont.**

Saturday morning intellectual binge. Symbaoka @ Starbucks - Gophik and Munro at Lexington along Lancaster. A walk and a long line of cars @ Hanford. Burr on Bush/Clinton's Ray Rice, Carolla and RZA (his Moses and Jesus comments); the dinner party game w/ Nikki over Jushi and then drink, reading each others texts; using the monster - her eyes when I told her. ~~April~~ April; close up of Okoto's face before winning 400 Index in world's best time; Chris kick in the one mile.

Sunday, March 15

Nikki Leaves, Starbucks (Gophik, Szy), Raspberries. Walk (Champs Jermal) Chat-Ray, leave @ 4 Gibbon stop (TAL, RadioLab, music), Regular night tired - John sleeps downstairs.

Monday, March 16

Normal morning - quiet, brilliant sun. Read Darwin. 2006 mem. Shower. Lasagne. @ Upstairs time. 3:15pm walk (Simmons - Kimmel Carolla stories and Baby Doll). Core. Dinner. Last M.O.E.; Flight of the Red Balloon (what?!); Talk to Jackie G.O., Dream about Claire.

Tuesday, March 17

Cheryl @ 8. ~~B~~ Archives 2007/2008 emails. Carrot Barn - Darwin. Nutritionist call. Upstairs til 3:15. Watch baseball/tennis on laptop downstairs. Blue black water waves in cornfield. Dinner. Mrs Peltney @ the Claremont. Upstairs - Better Call Saul ordered.

Wed, March 18

Finish Angels & Ages. Email Nash HB. Write Oguchi a letter. Windy as all get out. Grocery shopping @ Hannaford. No walk. Lazy. Watch bball @ night. Upstairs - Americans season 2.

Thursday, March 19

Normal morning. Cheryl here. Read Expatnik @ 3A and art historian friend pieces. Walk to CB (HOB); Read Harlem great FO Soup, watch NCAA Tourny. 3:30 walk Molly Malone. Core. Pizza night w/ kids 800 timing questions. Watch Nova game w/ Matthew DOMINATE, other game endings. good night watch Men Seeking Women finale and Broad City finale (earlier) dream about Courtney Okada.

Friday, March 20

Read Harlem in morning - Revolutionary tidbits.

Saturday, March 21

College basketball is one big scrum. Dark clouds on the Eastern horizon. Robert Carlock is a witty bloke. - There is little I love more, or can obsess over longer, than a map. The drive, at night, when sexually engaged, to establish a mental connection, however tenuous, that is somewhat human. Life itself, is on Netflix now. Villanova being Villanova in 2nd Round of Tourney. UCLA covered, or they did that confine 2 hours at the Mearns. Michael. Tattoos. Diversity is tough.

Sunday, March 22

Rough day w/ stomach / mouth. Throw up in chair before shower, then again at night. Talk to Dad on phone.

Monday, March 23

Flash-Back to My Lai; Gopnik-Eatkins; with "Down by the River"; Samava; Last Man on Earth; Carrot Barn - Har Nocture, cherry pie. COLD-WIND. Glay of the stars @ night.

Tuesday, March 24: cold, but sunny, less wind. Tough shower w/ Cheryl; Carrot Barn lunch K-Dile, back @ 3pm. Mully walk - 6:50 now. Jenn asleep, Watch James Baker PBS

John Phillips Poorman (April 17, 1950 – April 5, 2015)

It's great to have this chance to come together today and celebrate John's life. Being together in one place with so many others, each with our own special memories, we feel the *full sense* of a life well lived - John as a brother, a father, a grandfather, a friend and a colleague, and, most personally, as an uncle.

It is also comforting to know that after this service is over, when we go back to our daily lives, the celebration goes with us. Because remembering John's life is also a journey that we take on our own, day after day, week after week, as life reminds us of moments we shared with him; moments of laughter, moments of learning, even the quiet moments that can't be described, only felt.

The courage John displayed near the end of his life is fresh in our minds. But as I take my memories of John with me in the years ahead, the ones I will most cherish are of beginnings. The beginnings of my life. The beginnings of John's life in upstate New York. A time when my brother and I were lucky enough to have a young uncle living just a short car ride away - a drive John seemed to make every weekend, every holiday, every family celebration.

So allow me to celebrate John as the youthful, creative, caring uncle in the flower of his 20s -- wearing blue jeans, a wide collared shirt with two buttons undone, his thick shock of black hair and always his easy smile. That image of John springs instantly to life. When I was five, that age where memory snaps into focus, John felt like a big brother, but with superpowers: a big brother with keys to the adult world. He had a puppy named Buff, a sleek red Mazda RX7 and an apartment along a magical wooded lane near Glass Lake.

John was a comet of creativity who always left a trail of imagination in the wake of his visits. He showed me and my brother his love by continually expanding our possibilities for play. What more could two young boys ask for? John would build us elaborate model forts and people them with toy soldiers. He made us an indoor playhouse with secret hiding places, trap doors and an aluminum slide. He drew pictures of our favorite athletes. He could turn our dining table into a weekend racetrack. He even created board games from scratch, tailored to our specific interests. All from the fertile spring of his imagination.

We basked in his attention, and took it for granted that other kids might not be as lucky to have an uncle as attentive as John. Looking back with the perspective of age, and having since been an uncle in my 20s to two young boys, I can now fully appreciate what a gift he gave the two of us - through the creativity of his mind, through the consistency of his presence.

When my family moved far away from upstate NY, John's influence never waned. He sent tapes and letters when I lived in Zimbabwe, gave me drawing lessons as a teenager, programmed a baseball game for me to play on his early Kaypro computer. He was there to celebrate when I graduated college. He visited Aaron and me when we lived in California. In my mind's eye I can picture John with us in Los Angeles - the three musketeers from the Glass Lake days now all grown up - and in my brother's arms the next generation, my own nephew Marco.

John was always my model for what kind of uncle I wanted to be. So it was a privilege, not a duty, to have the chance to live with him these last six months. I knew I didn't have to be the creative force John was for me. Simply by being Present as his life ended I could be a reflection of him - a compassionate echo of the impact his Presence had on my beginning.

I want to add one last thought about John's creative example. Spending time with John always motivated me to be more artistic. These last six months were no different. John sensed my particular roadblocks and would tell me - in his patient, unassuming way - not to let my desire for perfection get in the way of getting things done. Completing a project, even if it is only 80 or 90% as good as I imagined it would be, is better than not creating anything at all. I reminded myself of that wisdom as I struggled to write this, because it is impossible to do *perfect* justice in words to the impact he had on me.

There are so many more memories - inside jokes, family stories, baseball tales - that I'll hold onto privately. It makes me happy that all of you will do the same - that the moments John shared with each of you will continue to live on in your hearts, will continue to bring smiles, will continue to impart wisdom. That's cause for celebration.

Note: To preserve historical accuracy, I didn't copy-edit this diary. Spelling errors and all are included. I was trying to get things I had done down on paper, not be eloquent or grammatically graceful. Enjoy.

Thursday, August 13

Listening to music (Charles, Wonder, etc.) more than podcasts. An easy drive all told, with beautiful views of mountains and streams once I left the Northway. Directions were easy with the PDF but cell service scarce. Arrived at Top Ridge and ran into Endel on the golf cart - great timing. Set up in the Caretaker cottage with him and (later) Vogel and Fernanda and Chad and Shana. Cocktail cruise sitting next to Nej and Juergen and Anne Raymond's sister-in-law from Missouri. Red wine on the lake. I instantly liked Rob Raymond - such a genuine, open guy. Human pairings are endlessly fascinating. Ping Pong with Endel before dinner. I took him down as always. The main lodge room with all the animals heads from the C.W. Post days. Long talk with John down at the pier.

Friday, August 14

Great hike up the St. Regis trail. Endel, Meg and I in the lead. Sweat pouring off us. The wind at the top and good lord, the views, unobstructed by much (if any) human development. The group snacking at the top, punctuated by posing for the drone camera. A pregnant woman and a 3-year-old making it up. Endel and I walking down solo, talking about anxieties. Meeting Chad and Shana shortly after returning. My own anxiety about my short speech that night. Endel reading me his in the Caretaker cottage. Meeting up at the Lodge at 4pm for rehearsal. Not liking Frank Nattle at first. Getting over it. The groomsmen being like a heard of cats - nobody listening to what was going on. Why am I so aware of doing what I'm supposed to be doing? The outside rehearsal dinner by the stones - sitting at the head table with Raymonds and Liases. Nailing my speech and leaving out the Munro quote, but still coopting her spark of life line. The sense of relief after. Endel dropping the hammer with his heartfelt speech, and the line about Nejla that especially made me laugh. Larger party shifting back to the main lodge - the hot, hot, hot Liberian girl from Charlottesville. Talking to Peter's Nanny about Matt Green. Long talk with Dwight about Geneva Global days - his continued annoyance at the fake deals like SINADI. Down on the dock late night with Vogel and Fernanda (falling asleep in her chair) and Frank and Fiorito and Jurgen talking about Catholicism, et al.

Saturday, August 15 (Endel & Kate's Wedding Day)

Took my own walk toward the Top Ridge gate and then along the little lake ridge, listening to the Coney Island postcard story. Thought I'd like to do something like that. Saw the small otter on the wooden plank. Reminded me of Oscar from my children's book. Walk back fully along the lake path. Calming. Listening to Jo Williams band break-up story on DS&M. Hanging out with the boys at the little beach. The water slide was a blast. Swimming in the lake. The zip line. Throwing the football and trying to catch it in all kinds of permutations. Nipping my foot but soldiering on. The guys ogling the Nanny in his bikini. The dogs running around in the water and barking. A quick boat ride on the lake with the groomsmen minus Serge (who was always AWOL) and Vogel. Back at the Caretaker - trying to figure out how to put on the tux. Beers and convo with the other groomsmen. Pictures both inside and out. The Abbey Road Beatles pictures across the lane. The weather holding off for the wedding. When I walked up, catching the eye of the Liberian girl from VA and holding it that extra second. Watching the Raymonds and Endel tear up at different points in the service. Oh, and back of the chapel with Vogel and Endel right before the processional - pics of Endel hanging himself. Distant sounds of thunder toward the end. Waiting around by the chapel after for pictures, talking to the bridesmaids, sipping drinks and appetizer tacos. Reception - drinking vodka and cranberries. Sitting with Chad, Kyle, Peyton and Francis. Talked to pastor and husband from Restoration. Talked to Gary for a long while. Talked to Dwight again. Guys at my table, Buddy Marruci story from Francis. Footloose dance - dance floor packed. Good energy. Went back to the caretaker briefly to take off bowtie and jacket. Back for sliders and fries and milkshake. I was partied out. Back to caretaker at about 12:15pm. Heard Endel and Kate come in briefly at around 12:30. Then went up to Endel's room and slept there.

Sunday, August 16

Up early and had coffee and went to pick up car with some others. Breakfast with the crew outside on the deck Left at 10:30am. Easy drive to Plattsburgh and then to border. Security guard caught me in an unintentional lie that I then walked back. Weirdly embarrassing but he let me through anyway. Can still see his buzzcut head. Being in French speaking area put me on guard. No problem finding Tashi's place. Checked in around 2pm after lunch at Tim Horton's and getting some cash from the ATM. Chilled in the apartment until late in the afternoon, then walked Jean Talon east a ways and then south along main thoroughfare and got Sushi. Continued to the St. Joseph's Oratory and people watched and gazed off over the outskirts of Montreal into the western horizon. Walked through the Stations of the Cross garden, where the butterfly landed on my hand, all while listening to HOR podcast. Got text from Mom that Van died, as well as Janet's father the same night as Frank. Wow. The women crawling up on their knees. Interesting to see such submission and devotion while reading my Kindle book about the psychological origins of religion and God. Walked about along Avenue Victoria, picked up a soda and lemon biscuits on the way home. Spent the night calling the phone lines on Skype. Ultimately unsuccessful although I ended up getting off with Annette from St. Louis.

Monday, August 17

The slow start in the morning. How much sugar I put in the coffee. The great meal of oxtail at Caribe Curry House - eaten to the last drop. Thinking I could eat there every meal while in Montreal. Listening to Alice Munro Nobel Interview and being buoyed that she is the rare elder who doesn't despair for the world. Re-listening to his story Axis and picking up new inflection points. The pond with construction around it in Mount Royal Park. The gorgeous overlook at the Chateau with its various pictures of Montreal from above throughout the past couple hundred years. The tourists I rubbed shoulders with, all taking pictures (some with selfie sticks). Refilling my water and sitting in the shade and AC from time to time on a hot day. The scorched lawn of McGill University and the steep incline down into downtown Montreal. Browsing at the bookstore and reading the Letter from Williamsburg in the Best Essays of 2014 edited by John Jeremiah Sullivan. The street photography of Montreal from the late 60s, early 70s on display on the street. Old Montreal with its tourist sheik nod to provincial French towns, packed with consumerism. How Montreal has managed to make its riverfront thrive - zip lines, lounging lakes, food carts, etc. The packed-in restaurants along St. Denis with its bullpens of outside seating. The long walk back West as the afternoon grew longer on Rue Sherbrooke, listening to an Irish man try to sort out the history of a killer with his same surname. The glowing hotels and stately museums of the Golden Mile - a pair of expensive looking sunglasses forgotten on a stone wall. Waiting for my body to announce its own hunger. Dvorak's Symphony for a New World, listened to again, just over a week after doing so while walking the UWS. Make it back to Brit & Chips, which I had seen the previous evening. Had a Steak & Veg pastie and chips that was delicious. I devoured it after a long day of walking. Back over to Avenue Victoria behind a woman with dark skin and a nice ass with three kids in tow. Back to the apartment just before 8pm. Could have fallen asleep right away but instead showered and got into bed around 9pm, watching two women in an adjoining apartment through the window go through their nightly routine. Ultimately I called the lines again and had a very disappointing orgasm. Maybe I should be done with that. What pleasure is it really giving me? I could be reading. I love reading.

Tuesday, August 18

Around Tashi's apartment until 10:15. Coffee and reading at the table as with the day before. I read the Lauren Groff short story about the girl who is homeless in Florida for a while. Hearing her read Alice Munro on the NYer Fiction Podcast the day before got me to go in search of her story. I enjoyed it. Started writing these stream-of-consciousness day recaps. Took a shower and did some pushups but no core work. Went for a last walk around the Avenue Victoria neighborhood with its teeming mix of immigrant communities - Indian, Vietnamese, Jamaican, Middle Eastern. Got flossers at the pharmacy and then some fruit from an Indian store where the owners were barking at each other, making it a bit of a cacophony. I continued to have my problems with how best to store the slippery Canadian currency that doesn't fold well. Ordered takeaway at Caribe Curry House - mutton roti and a beef patty. Should have gotten the jerk chicken platter but was thinking it wouldn't travel as well back to the apartment. Listened to HUAL on that one-hour plus jaunt. Ate at the counter and watched John Oliver takedown

evangelists with their own TV shows on YouTube. Tashi's parents came and I headed out onto the Canadian highways, pointed south west. Listened to a bit of Alice Munro before giving up due to CD skipping and going back to music. Had a fun time listening to Soul Grooves and remembering being in the basement of Cindi Buckman's home in South Plainfield circa 1994. Drive was almost 3.5 hours on the dot. Going over the bridge to Prince Edward County reminded me of going to Newport with Nikki Charles. It's a very rural county. Checked in, met Don, had a quick snooze, and hit the road to the Sandbanks Park around 5pm. Parked near the beach and listened to Alec and Penn Jillette as I explored the Lake Ontario coastline - first the sand and then the rocks below a miniature cliff where the waves lapped up near my walking route. It was peaceful and beautiful and far from overcrowded. When I made it out farthest into the rock outcropping I could hardly see another soul. Was surprised to learn that Penn and Jillette started out in Philly as street performers. Back in car just in time for a lightening storm to roll in. Some really good cracks in the air that made me jump. Headed to Bloomfield where there is an ice cream store that was supposed to be amazing. It didn't disappoint. I ordered the white chocolate raspberry and sat in my car as the rain fell down, looking out onto the main street of Bloomfield, thinking that eating something that good was more satisfying to me at this stage of life than sex. Drove back to Picton (I had ate the patty in the car for dinner on the way to ice cream, dropping pasty flakes all over my shirt), got gas and then parked back at the painted house. Only stayed up as long as it was light out, then got in bed and took a while to fall asleep with the fan humming overhead.

Wednesday, August 19

Walk to Tim Horton's early and get a wrap and a coffee. Read Michael Cunningham's fiction piece in the NYer (Gnome wants a child). Morning walk up to the Bird House Lawn and then through that park, back down to the Painted House. Off to Bird Conservatory Point, stop for lunch first. Had an amazing ham and cheese quiche at this country store along with a thick rice krispy treat. Took a walk around the conservatory point, but it wasn't that impressive and kept walking into spider webs. No one around. Listening to week 2 pod of Men in Blazers. Then stopped at Little Bluff Park and walked a ways through the woods and then down onto a secluded rock beat that was heavenly. Crisp, clear water. I sat on the bleached rocks with my feet in the water and watched a sailboat float and anchor near the small bay. The sun was out and it was completely peaceful. I left and walked the path back to the car and drove to Wapoos Winery where I sat by the bay and then took the tour with the nice heavy set woman. Bought two bottles of wine for hospitality gifts. Drove back and decided to head out for dinner and then drive to North Point Provincial Park to watch the sunset. Had fish and chips at this local place in Picton. Nice slap of fried halibut as the owners were worrying about schedules. Walked home and then drove for ice cream again (peanut butter and honey this time) and then took the road to the beach, listening to Mr. Holland Opus soundtrack. Couldn't drive in so parked on the street with some others and walked in. Gorgeous sunset, walking on the beach and listening to Memory Palace with Nate Dimeo. Drove back in dusk, arrived home when dark. Showered and to bed by 10.

Thursday, August 20

Another early walk to Tim Horton's. Developmentally disabled woman with the newly blonde hair. The older men still holding court by the window. Walked through town a bit and then back. Did my core and pushups, showered and left a little after 9am. Driving was peaceful along one. Listened to Billy Holiday and thought of sending Claire an anonymous postcard with the lyrics to P.S. I love you. Once I was about to leave Prince Edward County the sky opened up and it rained hard. Got on 401 and listened to the end of HOR Beijing Preview for the first 70 minutes. Got into the outskirts of Toronto and it started raining again. Considered ploughing on to London, but went into Toronto anyway, trusting it would let up. Was easy finding parking on a residential street near High Park. Popped into an independent bookstore and bought a copy of Alice Munro's My Favorite Stories. Started raining again and ducked into a high end pizza place for lunch - had their 2013 Pizza Expo winning concoction with sausage and mushrooms. Tasted amazing. Transferred from there to a coffee shop called Extra Butter for an Americano and a donut and more reading. Sat outside after a bit and listened to this talkative real estate guy with a dog chat away to a woman incessantly, to the point where I was annoyed. Took a walk through High Park listening to The Champs. It is more overgrown than Central Park, but if I lived in Toronto I'm sure I'd learn to love it. It had some nice vistas and

a pleasant lake. Continued out of the park and onto Queen Street: tons of antiques and tattoo parlors and hip restaurants and boutiques. Then it got poorer as I turned onto Lansdowne and finally made my way back to the car about 4. I remember that place woman dressed as a goth with the weird hair cut on the West Side street. Drove a long last leg south and west, singing Billy Joel songs, with the sun out among bulbous clouds, until I got to Waterloo. Thought about walking at a park only to find - yet again - that so many parks have day fees here. Instead drove on to Elmira and ate at Harveys. Teenage girl there with brother and mother and I felt sure she was flirting with me with her eyes. Who knows. Walked to the grocery store and saw a Mennonite Family with a horse and buggy that had a car's interior without the sides and top. Drove to the park behind Cheryl and Brad's house and read some Munro until it was time to go there. Chatted with them for about a half hour about travel and life and about the house and then went up to the room. I was in bed by 9 and asleep almost instantly. I woke up around 3 and had some problems getting back to sleep but inevitably found a way to continue resting and then sleeping until 6:10am.

Friday, August 21

Saw Brad early in the morning - got coffee. Chilled upstairs while they cleared out to work. Went out for a run 4x around the park listening to Burr. Had some breakfast - Annie flew out the door. Did a load of laundry. Left at around 11. Cloudy and rainy at first but then the blue sky came out with beautiful, full white clouds. Gorgeous farmland on the drive to Wingham. Parked on the outskirts of town and walked in along the main road, taking a right to walk up the hill as Alice would have to the school. Then past the radio station and back down, past nice houses with pretty flowers. That side of town is clearly the more wealthy. Walked up and down main until I ducked into Grumpy's Restaurant for a Bacon Cheeseburger and Raspberry Pie at the counter. Walked to end of town and around the nature trail listening to Maron and Sinbad. Full loop, then back along main street to the car. Drove route 4 listening to Munro stories to Blythe, then over to Auburn and into Goderich. Parked around the spoke of the main circle and walked toward Lake Huron. Wide streets and stately homes on the walk to the Goderich Harbor. Looked out from park above. Two-toned blue water in the lake. Huge, huge lake. Walked down, stopped myself from getting ice cream and continued along the lake. Nice group of people on benches, looking out over the lake. Found a spot a ways down and read Turkey Season. Took a nap on a bench. Watched family and dogs in the water - dog swam WAY out. Walked up the steep steps to the lighthouse outlook, then back to the town circle. Iced coffee and back on the road, listening to old jams. Got to Stratford, parked across the river, walked to the main district area, got a turkey burger and ate it by the river. Guy playing the piano outside the food joint. Walked along the river listening to Nate Dimeo podcast about Rendezvous and beaver hats. Back to the car and drive back to Elmira as the day waned. Arrived back and Brad in the driveway with neighbor, listening to guitar guy some houses away. Watched some of the IAAF marathon coverage and then went to bed.

Saturday, August 22

Long drive day from Elmira - Elkhart. Got up and watched T&F. Took an early run first and the dew soaked my shoes. Then I had breakfast: French toast and fresh peaches with Cheryl and Brad. Saw the 100m semi-final where Bolt stumbled but still advanced. Also watched Mo Farah win the 10K. Then hit the road at about 9:30am. Drove 401 all the way through Canada. Used up my last Canadian cash. Border crossing at Ambassador Bridge - waited for about 30 minutes while the customs agents dicked around. The guy questioned me for about 5 minutes it seemed. Basically told him my life story. Finally got through and blazed on through Michigan to Ann Arbor. Got out and walked around the UMich campus. Texted wolf a picture of the law quadrangle. Got an iced coffee at Starbucks. Listened to the end of Jeff Ross and Rogan. Drove final 2.5 hours to Elkhart. Got there and talked with Jim for a while in the living room and then in for dinner: pepper steak and rice and green beans followed by cookies and ice cream. We talked a lot about ancestry and I helped him a little on [ancestry.com](https://www.ancestry.com) find the records for his father. Went to bed around my normal time.

Sunday, August 23

Up early, thought about running, but my shoes were still too wet. Instead I drove to Starbucks and got a coffee and came back to the house. Jim made breakfast: oatmeal and fresh melon and we ate together while we watched the W 1500 semi and then the men's 100 final where Bolt nipped Gatlin at the line in 9.79. Thrilling race. Took a shower and was on the road by 10 - which was really 9am central. Listened to Les Misérables in the morning drive. Hit a huge rainstorm coming across Illinois. Early lunch at a McD's and the one into Iowa. Also listened to some Dickens. Then punctuated the drive with some Ragtime. Got to Omaha about 6:15pm, needing a walk. Walked around the downtown entertainment district, bought a couple of old postcards, then got a chicken cheesesteak and walked to the lake park and ate. took a fast stroll around the lake listening to Zulu Charlie episode of The Memory Palace. Drove to where I THOUGHT I was staying that night. Couldn't find the address and so I looked on the app and saw I was supposed to be in Lincoln, not Omaha. Texted Sarah and said whoops: be there in 45 minutes. Hauled ass on 80 as the sun set and all that was left was the twilight. Got there at 8:50 and settled in and went right to sleep after watching some 400mW heats and booking a reward night from Hotels.com at the Best Western in Wyoming.

Monday, August 24

Lincoln, NE to Evanston, WY. Nebraska was a slog. No other way to put it than that, especially Western Nebraska. Not scenic at all and a gradual increase in elevation. Car getting less gas mileage. I think I listened to Maron and Jerrod that morning. Interesting conversation. Wyoming had much nicer views and I started using cruise control which helped immensely. Now high up in the elevation of the Rockies chain. Wyoming was just as long as Nebraska. 11 hours of driving at least. All rolled into endless horizons and mountains and open space. Ran low on gas in Wyoming in the afternoon because gas stations are rare, even along the highway. Got to Evanston around 8ish. Turkey Burger at the local place across from hotel. Watched TV and knocked out instead of calling Collette.

Tuesday, August 25

Evanston, WY (Best Western) to Lake Merritt. Long ass drive. Had it on cruise control almost the entire time until I made it to the Reno area. Gorgeous wide-open spaces. Utah salt flats between SLC and Wendover especially. So peaceful first part of the day. Had a pretty good rhythm driving. Traffic greatly picked up at Reno. Listened to Mamas and Papas on crossing the CA border, same place as Aaron and I did in March of 1996, 19 years ago. Up the Sierras and then the LONG drive back down - 40 miles. Flying down past trucks, then out onto the Sacramento flats with the afternoon sun beating down on the Prius. Late afternoon driving is the toughest - the mind and body are tired. Not too much traffic getting into Oakland. I got there a bit early - at 7:15pm. Had some great Shrimp Burritos. Chilled with Marcia. Watched some Portlandia. Hit the hay around 9pm. Marcia insisted I use her bed while I was there.

Wednesday, August 26

First full day in Oakland. Watched track early as had become my habit. Had taken my run around the lake by 8am and did core. Relaxed at Marcia's in the morning, doing some reading and emailing, then went to Trader Joes to buy some lunch stuff. Cute employee on the fruit aisle. Went back, had lunch, then went out for a long afternoon walk, up Grand, into the cemetery and looking back out over the Bay area, listening to Zadie and Chimamanda. Fantastic afternoon - just blissful. I liked walking among the graves, looking at lives that had been lived and are no more. It doesn't scare or spook me. Went to a small library for a bit. Listened to a Colbert pod. Read a bit about Einstein. Worked my way down Piedmont, then Broadway, into downtown Oakland. Browsed a bookstore for a while, but didn't buy anything. Walked back on Grand and to Marcia's. She was already home, chilling. She cooked pasta with meatballs. We ate our fill and watched The Big Lebowski. I texted LaToya, thinking about the Jesus purple outfit. Listened to the interview with the Coens. Was singing the song from the movie "See what my condition my condition is in". Went to bed early.

Thursday, August 27

Woke up and watched track. I think this was the morning that Bolt blew away Gatlin in the 200. Went to take a run and then do core - listened to Rog and Davo. Had the whole morning to myself. Called a couple lines on Marcia's phone. They were boring - hardly anyone on the west coast. Called an east coast one and talked to a batty woman in Pittsburgh. Those lines are really a dead end but something about the process is still enticing. I should think about this more and write about it. Didn't cum, because I suspected O and I would have sex later. Had my salad, got ready and drove to pick up O at 1:25. Saw her place - kind of haphazard, like a college house. Lives with Melissa and Lindsay. Met Chuks the cat who is hilariously explorative with everything. We drove to Pleasanton for her laser eye surgery. She was in good spirits but anxious. I walked the mall while the procedure took place, listening to a bit of Reply All and then reading Gladwell NYer chat about IAAF. Drove back and got to her house again in good time. She had gotten a Polaroid camera in the mail. Played around with that. Had sex. Lindsay probably heard. Then I went out and got Thai food. We watched some Trevor Noah on Netflix and went to bed early.

Friday, August 28

Woke up at Ogechi's. Watched the IAAF on the floor at the foot of her bed. Went for an early coffee at Starbucks at Safeway on foot, listening to podcast about Flying by BA pilot. Went for a 3.1 mile run with O. Showered up and watched her cat Chuks play around on the floor while I shot darts and stare up at the flying darts. We drove to Oakland and had breakfast at Kitchen 388 - our spot. We talked about a lot of things - the perspective years give, meeting again in 10 years, jokes like that. She liked my, "life isn't about shoulds and should nots - it's about coulds and consequences" that I got from Conversations with God. We hung out at Marcia's a bit and she napped. I watched Wet Hot American Summer. Drove her back home. Came back and relaxed and had a couple glasses of white wine. Had one of those moments on the couch - around 3pm - looking at the reflection of the window in the TV and feeling completely at peace in the moment. Beautiful, those moments are. Marcia came home and we rallied to head out. Walked to get her an iced coffee, then met up with Jenn, then walked some more, talking to people they knew along the way. Found our way to the other side of the lake and I got Marcia and I some food at the Peruvian truck. Then we continued on to the inside/outside bar and had a beer, then to another bar and had a couple more. The second place was louder, a bit hipper, and they knew the manager and a couple of the bartenders. For some reason, this trip I was noticing how judgmental Marcia can be, her quick annoyance with other people. Anyway, a fun night. Ubered home and then Jenn tried on wedding dresses while I was on the couch, unworried that I was seeing her in various stages of undress. I knocked out around 11:30, although it felt much later.

Saturday, August 29

Woke up and did not run. My knee was feeling a little iffy. Crazy early for the IAAF so I went back to sleep and took a nap. After we both got going, we stayed around the house until we walked over to near Broadway and Grand to have brunch at Luka's. I had the steak and eggs. So good. The hangar kind of steak I love. We had some oysters. I busted her balls about GOT and we talked shop. Waiter worked there just for poll position for Monday table reservations. Walked back. Took a nap. I was hoping to catch her aggressively masturbating. It wasn't to be. Pulled the car around and then headed to Ogechi's. Went to Starbucks first. Got to O's right at 2. She was ready to go. We drove up the steep ass hill and along the ridge into Berkeley. Parked in the garage right by Memorial Stadium. Then grabbed a snack for O and headed up the steps to the trail. Great hike. Beautiful. Honest conversation. Think I gave her some great advice. Who knows, she is still 24. She will live and learn. But we will stay friends - that I know. Got to the top and were there by ourselves. Felt the wind. Looked out over the expanse of the Bay in all directions. It was perfect. A faster trip down. Drove out of campus while people were arriving for a Hall and Oates concert. Got gas. Went back to her crib. Her eyes were still hurting so she rested a bit and then we got ready to go into Oakland. After finding parking we got to Kingston 11 and was told that no food was coming out of the kitchen for 30 minutes. We were starving so we went out in search of better options. Found myself BACK AT LUKA'S for the second time that day. Food was really good though. Had a great meal and went home like two 65 year old spouses and fell asleep early. No sex. I was fine with it - absolutely fine.

Sunday, August 30

I woke up early and walked to Starbucks. Asian guy talking to himself and taking timed pictures in the Safeway. Bizarre. Mental illness, man. Got back to O's house and we got ready, showered and set off for brunch in Berkeley at this place called Meal Ticket. Pancakes and a creole scramble that we shared. Excellente. Took her back home and then I said goodbye and hit the open road. I wanted to get to LA by 7. Turns out I got there closer to 6:15pm. On the road I listened to some Steinbeck, which was excellent. The drive itself was a bit boring. The stretch from the Mountains into Santa Clarita and then the Valley was the most tiring. I just wanted to be there already. Bright sunny day with no cloud cover. Went to Simply Wholesome first thing. First sip of Trinidadian Peanut Juice was like heaven on my tongue. Great tradition. Took it and parked on Don Lorenzo and walked the back way into Kenneth Hahn. Glorious evening. Walked first half hour or so without listening to anything. Just looking, smelling, appreciating. After I tooled half way around Janice's Green I threw in my headphones and listened to a Memory Palace - run of the river - about the death of some falls in the Pacific Northwest that once was a spectacle of salmon fishing. Then listened to interview with Fun Home creators. Walked my typical path and soaked in the views of the basin and over to the Pacific. I love Kenneth Hahn park. Then switched to listening to Dvorak to take me home, back into Janice's Green, watch the sun set, then back around to my car. Arrived at Noah's. Went to the Post and Beam with him, Dipti and Korin. Good conversation - sharing food. Noah picked up check, as always. Such a generous dude. Back home and went to sleep in the TV room. Muggy with little air flow but a fan helped and I fell asleep on part of the green sofa.

Monday, August 31

Woke up pretty early and walked past Tak's and grabbed a styrofoam cup of coffee. Vowed to do Starbucks for rest of the week. After the walk got home and suited up and did my run at Jackie Robinson track. Good to get out there after missing two days of running. Back to the house and shower up. Korin is there packing. I spend day one of LA by going to the beach. Tempted to get a massage but I don't. Vees for lunch and then up to Kenneth Hahn to walk off the meal. Drive to Venice beach around 2pm after letting screen door guys in. Nice walk, but hot, along the strip, and to the SM pier, listening to Neal, Moshe and Nicole Byer. Love that pod when they have someone who is candid about their dating and sex life. Walk back along roads, mostly Main, then back to the strip. Drive back home via Venice Blvd., then the traffic jam around Rodeo Drive Target. Go out to dinner at Factory Kitchen. Holy shit. That place is good. The pesto pasta ... the pork! ... the chick pea fritters. Fuck me. Nice, long dinner with good discussion. Back home and I crashed in Noah's office on the inflatable mattress.

Tuesday, September 1

Same routine. Although I got up a bit later. Starbucks to have coffee and read. Cute woman outside with dog. Back to Noah's then to the track. After the track, shower up, laze around, get tempted again, but hold strong, and decide to take the day in Westwood. Drive to Versailles for lunch (garlic chicken with plantains) with those big fuckers also at the bar. Then to my parking spot along Westwood and the long walk to UCLA listening to House of Run Beijing recap. Not much has changed along that route, although the typical new construction at UCLA, but it is comforting to take it every year and chill on campus. Walked up to the track stadium. Volleyball team. Along Glendon and back toward the Westside Pavilion. Hit up the Coffee Bean and Tea Leaf then back to the car - listened to Whitney when driving away in honor of August 2003. Shit, that was 12 years ago. Drove from there to the Baldwin Hills overlook. Up the stairs, nice thigh burn. Then back down via the swerving path. The hot, fit chick in dreads and her stomach out going up and down. Couldn't tell how old she was but I'll probably remember her more than any other woman I've seen and lusted over. Listen to Baldwin talk to the Lion King lady during that walk. Get back to Noah's as he and D are headed out to grab a bite with her mom. They come back around 8:30 and he and I shoot down to the Blue Whale to see the jazz trio - Dan Schnelle or something. They kick ass, especially the pianist, who is out of this world with his improvising. Rumi poem on the ceiling. Stay until around 11 and come home and was going to crash but end up calling the line. Talk to one woman - dominant from SD - offline for a bit but don't get off.

Wednesday, September 2

Third and last full day in LA. Wake up late and do my Starbucks circuit. Manage to go take a run despite my internal opposition. Come back to do my core work. Lunch with Katrice fell through so I researched best slices in LA and found a place on Hyperion over by Estee's first apartment. Drove over there and the slices were worth it. Then drove the length of Santa Monica Blvd. to get to West Hollywood, in honor of seeing the movie Tangerine. Parked on Alta Vista after listening to Keith Green on Fountain. Walked down to the Laugh Factory, listening to Memory Palace on N.B. Forrest Statue in Memphis and then back, taking in the sights. Bought two sticks of Starburst at Rock n Roll Ralph's for \$1. Then drove to down to the ArcLight. Saw Diary of a Teenaged Girl. Very good, unlike any depiction I've seen of teenage female sexuality. I'd first heard of it when in Elmira, ON. After the movie I got a 33 gram protein smoothie and headed to Griffith Park. Started at the tennis courts, as always, at 5:15 and headed up listening to Tara Branch on FOF and FOMO. So peaceful. I love that walk with all my heart. The views. The reflection. The little side paths to overlooks. The expanse on both sides. After Branch listened to the NYer Fiction Podcast where the Boyle short story was read. Wow. Talk about intense. Heard the very end of it while watching the sun set over the Santa Monica mountains. Perfect afternoon. Jogged down at a quicker pace and drove to the busiest In-n-Out in the world, at Sunset and Orange. Got a double-double animal style and animal fries and attacked it like I was starving. Cute friends just behind me, one with fake pony tails. So good. Drove back home via La Brea, San Vicente and Crenshaw, stopping at Phillips to get a Red Velvet Cake. Was SO full upon getting home, and N & D weren't there, that I crashed at 9:16pm and slept the whole night.

Thursday, September 3

Woke up early and chatted with Noah at the kitchen table. Said goodbye and went to Starbucks. Two guys in a verbal fight near where I was sitting - one called the other a devil. I moved outside, reading about Atlantic City craziness in the NYer. Then the woman came out moving all the tables and I gave up. Walked back home. Saw Tom Brady's suspension was overturned. Chatted with Ray for a second. Then showered and packed and headed off when Marco said he could be picked up at 11:40. Lot of traffic on Rodeo. 405 was fine except for one asshole wanting to get around me. He managed to pierce my serenity for a couple minutes. Timed it perfectly. Listened to another disc of Steinbeck on the way down after finishing Men in Blazers podcast. Pulled into Home Depot parking lot at 11:37. Marco got there about 10 minutes later. Lunch at Wendy's, then back home to chill and watch TV. Talked to Matt, then watched Tennis with Marco. I went to Ivan's game at 4:30, played at West Hills at 5:15. Good crowd, bright sun, blue field. First half on home side, then across the way with the East Lake folks. Ivan covered kick offs and was in as a receiver a bit in the second half. Was in on a 2nd half kickoff fumble. His team won easily, 41-21. Drove home and had a fiasco ordering at the Carne Asada fries so I got my money back after 25 minutes and went to Wings n Things for Marco and Ivan. Brought the food back home and devoured it, talking to Claudia and the boys. Went to bed around 10ish, maybe a little before. Slept well.

Friday, September 4

Kids went to school. I dropped Marco off and picked him up. Took a run during the morning. Great being back on that path along the mountains and looking out over Otay lake. One of my yearly traditions that I quite enjoy. We had lunch at Rubio's, then stopped by the bookstore where I looked for the Adam Gopnik forward and we had Starbucks and then back home. Chilled there until Ivan came back and we all mounted up to go to Claudia's parents' house for his party. Typical gathering with all the usual suspects plus Matt's parents, who are very nice. Threw the football out back. Hands game. Pancake cake. Gifts. Maudy being more sarcastic and "working blue" more than I remember. Renee showing up later from football. Always ready to go about an hour before we do. Matt and I standing outside for a while. I drove the kids back in Claudia's car.

Saturday, September 5

Ivan's friends slept over. I took a run. We played three on three touch football at the park and I won both times - only Renee was never on my team. Best play was a full field TD bomb to Ivan the first game. It was exhausting out in the hot sun with Ivan and Renee speeding around. Went back home, showered up, went to see the movie Straight out of Compton at the Mall. I had some Swedish Fish to eat. Interesting movie but so slanted toward's Dre

and Cube's perspectives, but fun nonetheless. Ate our dinner at Island Burgers where we shared a cheese fries app and then Marco had a burger AND wings. Ivan and I shared our entrees.

Sunday, September 6

The day of the great Disc Golf match-up. Drove over after hitting the University Park 5 Guys burger. That double patty is a beast. Drove over to the course, not too long a wait and we were off in our own threesome. Ivan started out strong with a great forehand tee off but it was nip and tuck throughout the holes. Always a fun time, always backs up on that one stupid hole. Should straight up skip that one next time. On the 16th hole Ivan lost his disc. Straight up couldn't find it. We decided to pack it in since we'd been out there for almost two hours already. Hit the local Starbucks for Frappacinos and then went home. Forgot what we ended up having for dinner. Think Marco had a pizza from Little Ceseers and I got a smoothie. Marco drove, cautiously. Ivan didn't go with us. Stayed up watching some TV with Claudia - she wanted to watch Twilight but I was unenthused.

Monday, September 7

Last full day in Chula Vista. We went to see the movie Dope at the Regal on H Street. Lots of nudity but damn those girls were hot. Didn't feel awkward with M&I. They both had big icees. Then we went to try Tacos El Gordo and it was seriously jammed packed. Gave up on it and Ivan mentioned a similar place back by the movie theater. Went there and each had three tacos - pretty good but not quite as good. Went home to chill for a while. Bought Marco's gift online. Ivan still undecided. Eventually went back out around dinner time and got the Carne Asada fries while playing the stop watch game (same girl at the register as Thursday night) and then I got a smoothie and Marco got Cinnamon Bites at Wings N Things. Ate back at home around the table. Marco polished off his but Ivan couldn't finish. I had one Cinnamon bite and it was the best thing ever. By previous agreement I watched some of the Twilight movies with Claudia and they were the most ridiculous things I've ever seen in my life, bar none. Talked to Mommy SD a bit late at night but then Matt came home early. I was annoyed that I couldn't fall asleep with him watching ESPN. He finally went up around 2am and I called her again and we got off together. Crashed out. She was kind of disappointed that after I came I had no motivation to meet up with her the next morning. She just isn't attractive enough for me.

Tuesday, September 8

Woke up early but Marco wasn't ready at 6. He and Claudia got into it about missing his first class. We left at 6:40 instead. Said goodbye and he was off. Went back home and did a load of laundry quick but didn't run. Packed and headed out before Matt was up. Got on the open road and there was some traffic getting to the 15. Listened to Rogan and Leno on the way to Riverside. Listened to a little Steinbeck but not much. El Cajon Pass, through Victorville and before I knew it I was in Barstow around 11:30am. Ate at a Panera Bread and then back on the road, loading up The Counting Crows and Blues Traveler. The next hour to Baker and beyond might have been my private highlight of the trip. I was so into the music and my memories, the words and the melody and the vistas and the longing for a time that was no longer between me and Aaron. It touched a deep part of me that I can't explain. I was present out in the High Desert, completely accepting of where I was, not wanting to be anywhere else, be with anyone else. Listened to radio a bit between state line and Vegas and then at that turn around the hill where Vegas comes into view I found some Tupac and listened to California Dreamin and How Do you Want it rolling past the strip. Hard time finding the Downtown Grand Parking garage but eventually sorted it out. Checked in and was pleased with the hotel. Got a run in. Grabbed a smoothie. Took a one-time stroll down Fremont. Went back to the room, watched some tennis. Talked to Mommy SD a bit and then went back out at night for a couple hours. Escort at the G Nugget slot machine that said hey. She was cute but I didn't bite. Girls dancing on outside bars. Got two slices of pizza at the plaza at the far end of Fremont and then a Rice Krispy bar. Was ravenous. Was able to hold off and not make any bad decisions after midnight.

Wednesday, September 9

Full day in Vegas. Woke up and had a smoothie. Took a run on the treadmill. Then snoozed a bit while waiting for final plans with Paul. Met him at Broadway Pizza over by the Metro Police station with his partner. Had a good hour's chat about Aaron and life and kids. Said adieu, got some gas and drove around for a bit, and it dawned on me I wasn't going to find Aaron unless I was straight up lucky around the Fremont Experience. Ended up back at the hotel and chilled for a bit. Went out for a salad and brought it back to eat while watching Tennis and the finale of Key and Peele. That ended at 8pm and I set out. Walked around for the next four hours, people watching up and down Fremont. Sat at the bar once near a poker room next to what I thought was an escort. Eyeballed a couple others. In and out of the G Nugget. Kept an eye out for Aaron. Didn't come back in until after 12am but kept my money. Odd feeling, a lonely feeling, walking those streets among the reverie. Like Jesus in the desert.

Thursday, September 10

Woke up in Vegas and wanted to push off by 8am. Had a crazy long day on the road. Grabbed a smoothie from my spot and headed south and then east, over the Hoover Dam and down into Northern Arizona. Northern Arizona and New Mexico are some beautiful high desert, but it was all I had to look at, hour after hour. Stopped at a McDonalds in Flagstaff for lunch and downloaded some Eagles songs, which I proceeded to listen to and sing at the top of my lungs on the way to Winslow, AZ (such a fine sight to see). The music and the singing was one of the private glories of the road. I drove and drove and drove and I lost an hour and so this was the day that I didn't reach my ambitious target by sunset. Instead I got to Tuscamari, NM around 9pm, checked in at the motel 6, ill advisedly paid for their crappy internet and settled into the bare room, doing my abs and watching the Pats-Steelers. Went to sleep but didn't sleep well.

Friday, September 11

Woke up at the crappy Motel 6 and pushed off with a crap cup of coffee as the sun rose. Shorter drive day than the one before - just 7 hours. Detour off the highway in the beginning for a huge accident with a truck. Then it was just the open road. Got rainy for a bit. Stopped into Starbucks and got a free birthday drink although it didn't scan properly. Listened to the TED podcast on Fear. Stopped and had lunch just shy of Oklahoma City at Panera Bread and was following the Serena semifinal on the ESPN app and saw that she lost. Was bummed out a bit. Drove the last stretch - which always feels long - to Tulsa and was there by 3:45pm. Hung out at the library, texted Nneoma and ended up getting there early, about 5pm. Hit it off right away. She was friendly and open. We went on the lookout for a corkscrew and ended up getting groceries for breakfast at the same time. Came home and she showered and was clearly comfortable with her body - had a glass of wine. Went out for Mediterranean food and had some mezze and shawarma and falafel while we talked about life and love and sex. Then went to get a drink - both chose ones with ginger beer, but hers had Tequila and was pinkish and mine had rum and was brown. She finished hers first. Walked around Tulsa at night talking and flirting. I thought about fucking her outside as that is one of her fantasies, but I didn't. We went home and I took a shower and soon after I sat in front of her on the bed and slipped off her top and took down her panties and we were at it. Made ample use of her magic wand. She made me cum twice, which is amazing. Completely tore the room apart. Lots of kissing. Lots of looking at each other in the eye. Lots of smiling and laughs. Lots of laying under the fan and drinking water with lemon in it. Finally crashed out and went to sleep.

Saturday, September 12

Woke up at Nneoma's early after not sleeping great because of a sore through, as the sun was rising. We fucked again and I came in her pussy for a third time. That's pretty darn amazing. Three times in 12 hours. I took a shower and she started breakfast. After my shower I helped by cutting the potatoes and the onions and the garlic. We had omelets and fresh honeydew sitting on the floor looking out the window at the river and Tulsa behind. I felt comfortable with her energy. It was time to say goodbye but we fooled around for about 15 minutes and I was inside her again, but I didn't cum. Finally pulled myself away and she walked me out to the car. Hit the open road

and I was groggy in the first leg. Ended up resting my eyes briefly at a McDonalds for a bit until a call from Anita woke me up. Got some food and hit the road again and found a rhythm through the rest of Oklahoma and Arkansas. Thought about the West Memphis Three before going over the Mississippi River. Thought about Robe and Irene through Memphis. Listened to RadioLab about the Rhino shoot on the stretch between Memphis and Nashville. Arrived at Lorene's at about 7:02pm - right on time. Anita was already there. Tennessee - Oklahoma game was already on, Tenn up 17-3. We talked for a while and then went to dinner at a nice chain type place that had the game on. Really good salad and then pork chops and asparagus and an overly sweet banana dessert while Tenn crapped the bed and ended up losing to the Sooners in OT. Drove home and went to bed pretty quickly. Was starting to feel the head cold for the first time.

Sunday, September 13

Woke up at Lorene's a bit later than I wanted. 7am Central Time. Had taken Nyquil. Had some coffee with her and talked a bit at the dining room table. She had packed up a piece of cake, a banana and some peanut butter crackers. Hit the road and first looked for a CVS but the one I went to was closed. Drove a bit further on 40 and ended up going to a Walmart past Crossville and got some cold medicine and Vitamin C gummies. The entire day was spent driving, driving, driving. Always notice the Sonic burger where I ate lunch on my walk before Marlyn first called me to tell me about going to the center. Stopped for Gas at Fairfield where I stayed after my rainy walk from Hannie's. Drove through Charlottesville and then on the rolling 29 highway to Culpeper with all the speed traps by the police. Got to Nancy's at about 7:04pm. Right on time once again. She was a bit different - more intentional. I could tell life had knocked her around and for the past couple of years she has clung to "The Work" as a life raft. She loves her gardening. She loves her classes. But she feels alone. How could she not? She was so sweet to make me crab cakes and a corn jumbo thing. We ate late but I ate my full. We talked about all sorts of things that I can't remember now. I was pretty honest I think. I wasn't feeling 100% but not terrible either. I went to bed at about 9:30 and slept like a log until 8.

Monday, September 14

Woke up at Nancy's. Had Peach pancakes and Raspberry Tea. Talked with Nancy at the Table. She mentioned The Work a lot, which is her spiritual path with her teacher named something Kady. Her son's death obviously weighs VERY heavy on her, as does her lack of relationship with her daughter. So much stuff has been taken away from her. It's something I don't struggle as much with that. I don't feel as though very much has been "taken away" - I guess I don't frame Aaron or Claire or John and the others I've lost in that way. I just accept it as the impermanence of life. We took a walk around the local park. She fell but was unhurt. We said that we'd make plans to have oysters in Baltimore some time and meet at the Pratt library on an R month. Hadn't heard about oysters on the R months before. Got in the car around 11 and headed home. Had to pee badly but made it to the 95 rest stop north of DC. Then stopped again at the rest stop above Baltimore and had a spicy chicken sandwich at Wendy's and a cinnamon pretzel. Drove the last stretch listening to disc 7 of Steinbeck's Travels with Charlie. It ended right at the intersection of Ardmore and Darby. Good timing as always. Stopped at the gas station, filled up the car and drove it to the Radwyn.

THE END

• Day numbers UNO of eight years of moleskin journals.

October 20-22 (2015)

• all days in Bryn Mawr

Daily life is indeed less interesting/eye-arresting than the narratives we construct about it after the fact when we can shape it & give it structure.

In the moment, it is messy & disjointed, like these pages.

1/ This was just a month after a torrid night of passion that Nneoma & I had in Tulsa, OK on my drive back cross-country.

2/ Such a fallacy. One of the largest cognitizne illusions of humanity.

3/ Take a listen - so haunting, sad & beautiful.

11 Lewis, like most writers, made life seem more interesting than it is - Len Thompson

Tues Oct 20, 2015

- VF Sitemap San Francisco
- NYRB Primo Levi
- Star Wars Trailer
- Haverford:
- Read Quesada story
- "Ordinary Sins"
- Sent Michele email

Excited About: Talking to Nneoma Wed night / NYer Radio Hour / DC Weekend

Cubs lose again to Mets, down 3-0
I stand in long ass line @ Chipotle

Peds: HUAL, Tig, SINO, Jim Miller Kurt-fight club

Wed Oct 21, 2015

- Busy-ness blog Onkling
- NYT Mag Disability Story
- Taming Nneoma by text

Haverford:

Respond to Michele, Tyler, Nneoma

Start Gynce letter to Nikki

HAIRCUT

Colors on Rail - ROAD AVE NR HAVERFORD!!

Peds: HOR, Boro Simmons / Apo few Home/Vera Bullshit

A whole lot of us go through life assuming that we are basically right, basically all the time, about basically everything - Kathryn Schurz (Walden) book

METS WIN PENNANT

Thur Oct 22, 2015

- NYT Mag Terry Gross
- Diffract! (Eth film)
- Churchchurch woman (Justin Townes Earle)
- Gopnik on J. Trudeau

Call a movie "Trash" and you are asking for trouble - A. Lark

PATRY Paid me for ALL the hours she was gone & to Florida with

Peds: Fresh Air: Robin killed MIB

LATE NIGHT: Watch Fargo and eat brisl sandwich

TEE PEE Interview

HAMILTON

dem phone lines (buckle up, it's a recurring note weaved into 8 yrs)

I am no longer reeking those major exclamatory notes of pleasure, I wanted life that has pleasure contained within it.

The Lives of Others.
Dad & I watched it at Bala Theater ~ 2006.
Beautifully introspective film!

Food
Laptop plan on
Samsone

Chekhov "About Love" ✓
Carver "What we talk about when we talk about love"
Derek Walcott
Possession (movie)
Updike "Rabbit boots or short stories"
The Good Book - forward ✓
Auden poem / Handful of Wonders / Book Memory
The Thirty Years War
Abbas exhibit - Arthur Ross Gallery (Penn) ✓
The Words, Sartre
Robert Frost, Fantasy Ranch

Just to set the stage here, the only (2024) conventional "work" for \$ I was doing at this time was taking 90 year old Newt Spencer out for lunch most days plus sometimes accompanying them on other trips. I had a lot of free time. I was living with my parents in Bryn Mawr. My uncle John had passed away in April. I'd spent a month (mid Aug-mid Sept) driving across the country & back. And for some reason, on 20 Oct, I started a moleskin journal.

The Lives of Others
Mike Leigh - 1986
Life of Brian
Eternal Sunshine
Spotless Mind

October 23 — 26 (2015)

✓ You could put this as the subtitle of this book of my journals. The Power of Presence — & how hard it is to sustain. The mind wants to go forward or back.

I absolutely ♥ walking the National Mall in DC!

Went to Baltimore on train from DC to see my friend Joy in August Wilson's "Fences" Stayed the night w/ her Saturday, then met up w/ Nancy Halgren (who hosted me in VA on my 2009 walk) then later went back to Endel's on the train

• Bus from DC to Philly 7:45am
Back in Bryn Mawr by lunch to work @ Spencers.

National Mall Circuit

→ Botanical Garden → Eastern Market → Dangerously Delicious → down H ST → Loop WtH → Constitution → Union Square St → MARC

Saturday, Oct 24 2015

Pack: NYer Radio Hour
Death, Sex, Money
WTF James Taylor!
Gist Lafayette
Simmons: NBA TV
Ta-Nehisi on the Streets of Baltimore

Grab Cheddar Quesadilla
Key Lime Pie
Coffee (dark)

8pm
eveningman theatre NITE

Finished Joe Turner Come & Gone

"If it's sweet to be right - let's not deny it - it is downright savory to point out that someone else is wrong." - R. Schulz

Most Joy's parents, drink @ bar

The Lord Baltimore Hotel: Popcorn in bed w/ Joy

Sunday, Oct 25 2015

Morning Cortes from Morning Cuddle

"Food, Glorious Food"

* Buy Oliver Tree wk after Xmas

Exploring w/ Nancy
Enoch Pratt → Walters
Howard St → Day Cartier
Penn Station - St. Pauls
Visiting Art - Rylands
Oysters
Pumpkin Pie!!
my ASS
CANDID CAMERA

Observation - Hypothesis (must be testable)
Experiments - theory (must be reproducible results)
Other try to find mystery

Monday Oct 26 2015

A doubler of certainties

12-3 Spencers
3-4 Simmons/bal / Folinger
4-5 Phone Inc Rabbit Hole
5-6 Workout
6-7 Stew Salad

5:30am
w/ Endel
7:45 Bus to Philly
Gasket Start Up Bal

7:30

Friday, October 23rd 2015

TO D.C. 10:45 bus

NYr: Ten Bards (Syrian refugee)
Saunders: A Writing Education NYr
Brain Pickings 9 for 9 yr anniversary
Mary Oliver, The Journey ★

Literature is a form of fondness-for-life
It is love, for life taking verbal form

A Story: honest, Direct, Loving, Restained

It is powerful to always strive to see everything as dear

...but I have begun to realize that, not only will the world not miss me if I never write again, it would actually prefer it.

derek wabott • st. lucia • clara julian • divorce

girl w/ platinum blue hair waiting for NYC, sparrow in the diamond opening of a chain link fence, girl with orange black Chester's bag with thin hips, track body and a fraying weave, turquoise fingernails, fresh boots and a slightly cracked phone of bright pink as

When they love they don't desire / When they desire they do not love - Freud, via de Botton

Need for security w/ Need for Adventure } Perel
Need for Connection w/ Need for Separation

start @ 5:30 of Pitfalls of Modern Intimacy UTube

Tennis w/ Endel, Kate and special guest M.C. Dorian.

The Whole 30 diet dinner: Turkey Breast, Butternut squash, Potatoes (yum!)
Silo like Quans (Coffo Chocolate Chip)

Endel was miserable on this diet.

The inherent push w/ pull between love (safety) & desire (risk/thrill)
Esther Perel writes wonderfully abt this dichotomy.

The Scientific Method revolutionized the world (at least the outer world)

• Bus from Philly to DC 10:45am (to visit Endel)
He & Kate were married ~ 2 mos. at this time & living close to Union Station.
2/1n 2015, it hadn't been published yet, but Saunders' novel, Lincoln In The Bardo, would become my favorite audio-book novel ever!

→ One of my most regretful "material" losses

Writing is about drama, about finding and accessing and living one particular character. To say that "a light goes on" is not quite right - it's more like, a picture gets installed.

— Greg Saunders

PODS:

3. The Season Chacon (NYRB)
Pan Cartier - Syria

Angel down, poetry

I remember journaling here in 95 to 2015. That journal was later in a bag stolen in Guatemala in '01

Bus ride - The color orange! Trees, Onole, pumpkin

Adult coloring books

• all days in Bryn Mawr

October 27-30 (2015)

YIKES

This is well-observed about human nature & negativity for the sake of humor is a trap I often fall into.

① Not a bad drawing of the Haverford College library - now sadly called the Lutnick Library.

② The title of this New Yorker piece was "Man Goes to see a Doctor" by Adam Gopnik. A gem!

How to tame ineradicable urges into acceptable outlets

"Something in your eyes is dismantled and upended... you always focus on the faults, what can be salvaged... To see only the ugliness, that is what people do when they do not love... you are not aware that when you point only cruelly, understanding only faults and weaknesses, you are the loser."

Tuesday Oct 27, 2015

-Lemann / American South
-Robson / Gon Vidal
-Hazlitt piece NYR

Radolab wrote comment on Smk My Asr ep

"Every essay should be regarded as a self-portrait of the author at his or her desk, not in the world." - Krystal on Hazlitt

Email → Kathy

Listen - Perl, Ryan & Sherry write



W.S. Mets v Royals: (3-4)
14 innings (1 watched 12)

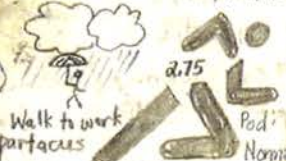
Wednesday Oct 28, 2015

RR: Gopnik on Psychoanalysis

Europe Dog



Defender of the Faith, P. Roth



LATE AFT. LAST MAN ON Brooklyn 99

Mets-Royals (First 5 innings)

Twitter reax: GOP debate

Bedtime: 9:30

Guest House BM

Gopnik on Freud ②

Human life shaped by series of selfish, ineliminable urges - particularly sexual - and that most of life is finding a way to tame those down into acceptable outlets (1)

An undomestic, but sometimes penitence, world of real things existed, whose character is difference in human feeling (2)

Freud's project was to disarm the demons from our stories - not to mystify us but to deal them in a normal suit and tie (3)

Our urges are what they are, the world is how it is, let's move on...

Thurs Oct 29, 2015

-Gordon Lish NYR
-Athaus Lish NYR
-T.C. Williams / Baldwin's house in South of France

③ LAND of the (LotL) LOST

"She may be pretty, ah, but some day I'll get sick of her skirt." - Christchurch Woman Justin Thomas Earle

Dinner Menu: Salmon / Sweet Potato Mash / Risotto

Men have one language to talk about all their hidden needs - and it's called sex (It's a hating language) - Perl

Very hard for one persons to be your anchor and your wave.

NYRB: St. Paul of Tarsus
Pod: Wagner/deBussy
9:00pm Ross/Cabaret

Fri Oct 30, 2015



Red Wedding 4

Granitland.com

II Reddit Ru Pol

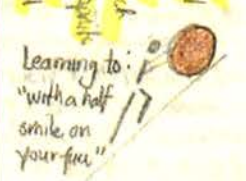
Gopnik on Camus/Satre

Gopnik on selfie pics

BRIDGE OF SPIES = 7:45

Learning to: "with a half smile on your face"

Yet in truth the big question Camus asked was never the Anglo-American liberal one: how can we make the world a little better tomorrow? It was the grander French one: why not kill yourself tonight? - Gopnik MEANING IS WHERE YOU MAKE IT, AND LIFE IS ABSURD (i.e. unjustified by certainty)



→ Gopnik on Camus was one of the pieces that earned him a spot on my New Yorker Mt. Rushmore. Meaning is what you choose to make it! Embrace uncertainty... and absurdity!

Our urges are what they are, the world is how it is, let's move on...

③ "LotL" was my abbreviation for time spent on the phone lines trying to get off.

④ Not entirely true in retrospect, ... but still mostly true.

Very hard for someone to be both your anchor AND your wave. That's deep, yo.

No human being is more indigenous to a place than any other - Gopnik

• all days in Bryn Mawr

October 31 — November 3 (2015)

John Updike & Adam Gopnik = my intellectual BLISS

Mon Nov. 2, 2015

He wasn't smart enough to realize how stupid he was" - Cheese on AFW

Pod: Dope Div / Cheese on F.A.

2.75 SPENCERS

Wrote to CQ on

This American Life Story

Angel for Pal Club

8-Midnight of the LAND LOST

FAARGO

Haverford College Field

Updike documented how the death of credible religious belief has been offset by sex and adultery and movies and sports and Topfsta and family life and family obligations. - Gopnik

Candy is made of realism alloyed with LOVE

More phone lines!

Theda Freeland was my grandmother's younger sister - one of the 8 Freeland kids.

She was absolutely lovely & generous to Aaron & I growing up. Her first husband died in ~1967 and then she married a guy named Chic Thomas ~1984. She visited us with her sister (my Nanna) in 1985. Chic was a bit of a knob. But she was a gem. Rest in peace, indeed. Her younger brother, Donald, just died last week (Sept 14 2024), age 94. Only one of the 8 is now alive - Lorene, age 97. All 8 lived to at least 86 yrs old, albeit Theda & my grandmother, Christine, with devastating memory loss & confusion in their final years.

Tues Nov 3, 2015

PENN medicine

NHSL #344

Lowest Walk (Prophecy of Doom)

Theda Freeland Thomas REST IN PEACE

Clark Park → Happy Hour w/ Nikki (Common Ground) → Amy Schumer on HBO

[Catholics • Lutherans • Anabaptists • The Chaos of 16th Century German Christianity]

Time Machine calls at 10:30 tomorrow

She was free, to some degree, of society's expectations, because she had stepped outside that society's conventional boundaries long ago. Solitary, near sat sipping espresso and smoking cigarettes, their gazes still trailing lazily over your body when you entered. She was not resigned, and I loved her for it.

Sat Oct 31, 2015

Musing about Melville

From Wiki: "All his plots, and themes... represent the delicate and shifting relationship between truth and illusion. He held an obsession for the limits of knowledge on the 'unfettered' of the universe. His characters preoccupied by the superhuman quest for the absolute amidst its relative, organizations."

Lepore on Washington

Extra Long Walk home around Haverford College

Podcast: O' the Month The Return of Summers

Pod: Nneoma Cheryl Finished Spartacus The NY's Radio hr

October Walk o' the Month Around Barkley's lake, Sun late aft, listening to Dvorak.

5-3 (3-1) Murphy error



Sun Nov 1, 2015

Old NY's have a ton of adverts

Leopore on Faith of Founding Fathers & their time

Updike on Melville NY (S/1982)

1993 NY flashback to NYC Mayoral race

prodigal [prod-i-guh l] (adj) 1. wastefully or recklessly extravagant.

What fascinated and enraged him was confidence universalized as religious faith. "Harlequin dinner" and yet again... "He wants [God] to exist for the same reasons we all do: to be our rescuer and appreciator, to act as a confidant in our moments of crisis and to give us reassurance that, over the horizons of our deaths, we will survive." ① NYC 26.2

BIWOTT

KEITANY

Still an all-time favorite on a Fall day, listening to Symphony For a New World.

Listen to "The Prodigal Suite" by Keith Green.

just a hunch

① In case you are wondering, future reader, I don't think an individual consciousness survives beyond the death horizon.

The time period of the early Reformation in Europe (1520-1580) is fascinating to me for its highlighting of the narcissism of small differences. Tens of thousands of people were dying because of minor, arcane theological differences (to us at least) that are comically insignificant to us now. Ah, the human need to feel "Right"

November 4-7 (2015)

I guess the truest things about me are my erasures, not my highlights.

• NYC

As noted below, she didn't show up

This podcast episode of On Being with Krista Tippett so moved me that it has become a yearly ritual to re-listen to it every November.

① A Zimbabwean born woman I'd connected with on a dating site, living in NYC

• NYC

② He was alive at the time - though he OD'd & died in Oct 2020. So sad!

③ I must have had dinner with Nikki Charles near Museum of Natural History. & then gone to see comedy show over in East Village. Finally to bed at 1am

Day Plan: (rough)

6:30-8:00 Coffee/Read

8:00-10:00 Chill/Apt

10:00-12:00 Walk Riverside Park

(Thru) (Gopnik part)

1:30-3:00 Kumbi 116/Am

3:00-4:00 Walk to Ray's (Dorm)

4:00-6:00 Chill

6:00-Walk to Land Thai

7:00-Whenever Brie

Fri Nov 6, 2015

Foggy...

-Anthony Lane Review

"Spotlight"

NHOB: Hedd a Paper

Dallas Tumbor

LSD - Universal Empathy?

-Angell on End of Baseball Season

-Update on Maxwell

Gopnik's Krista

90 min w/ Riverside Views

Master of None ep. 1

Stand ↑ by Brie
Ate @ bar of Flor de Mayo - Lomo Saltado

Convo on Skype

w/ Jillian from Hw

not in Quest.

12:30-8:15

Prometheus Statue w/ Kumbi
646-801-6964

Sat Nov 7, 2015

Justin Taines Earle

Pod: Carlin - to 147th St

Mary Walker won what she wanted - to Bagel shop

NYer Radio Hour - dawn

Amsterdam, Morningside Heights

and into the Park. [Magic Wand]

Lexicon Valley (Dude) - thru

the Park, 5th Ave, Conservatory,

Moer, to Kady.

Guys we expected w/ Neal

back to Ray's

Orange

Tide from Above

Morningside Drive

-Anthony Lane (Spectre) (Band)

-Steve Martin NYr (start)

Snapshots of a Day

Wild kids running outside bagel shop

Belleza Noya photos Amsterdam

121st St parallel

Ben being a 15 month old and trying to climb table

Frog Legs!

Callie Ocho - Nikki looking good in black

Holding hands under table at Eastville Comedy

Jeanine Garofalo mania comedy

Shoes hurting / Packed 1 train

Talking + chit-chat on the phone

1am

7:30am

Pods:

Prophets of Doom

(cont): Home Valley

Men in Blazers

2.75

Apple

Anthony Bourdain

Ethiopia

(Turbo connection)

Wed Nov 4, 2015

-NYr on Humans of NY

-Films postscript on Chalabi

"I think Chalabi understood what people

wanted, and he gave it to them."

-Heller on Lynching '85 murders

Nattt

Cassandra

Ogechi

Hello, Adele → Claire pics

"When one admits that nothing is certain, one must,

I think, also add that some things are much more

nearly certain than others." - B. Russell

Blue Jeans Committee

Is Certainty the enemy

Or only radical certainty?

Thur Nov 5, 2015

Wilkinson interview re: Maxwell

2.75

Work on Rahman book

(last IP a great one)

Pod: Bill, Andy, & Chris

on TV.

* Kindly woman on bus w/ dis-

abled man.

Arndmore

30th Street

Pod: Simmons / Gladwell

"I know Heaven's gonna be one

lonely town" - Diane Birch

Hum If there is also

a paradox, an

currently, why the need for Earth?

Spring rain? Seems silly.

Ray's apartment

200 Riverside Blvd.,

New York, NY 10069

Apt 7D

→ Amen to this. If only I practiced it more often.

• To NYC for the weekend

Diane Birch's album 'Bible. Belt' is an immersive experience for me. Listen on I-95 to NYC

I love how many deeply reflective quotes about / from what I was reading I have in these early journals - I clearly love ideas.

So many good quotes from the Kathryn Schulz book "Being Wrong"

November 8 - 11 (2015)

This morning walk in Lower Manhattan was the first time I bought & listened to the Hamilton Broadway soundtrack straight through - an A+ morning.

Truly a man ahead of his time in understanding "the heavens" above

I should write this out every day.

I ♥ this quote so much!

"War and sport give humans a clarity of focus that life as a whole, in all its complexity, withholds."

Trump has proven that ... as has his

Nicolaus Copernicus
Mikolaj Kopernik
(1473-1543)

Light Oracle

Pod: Corne WTF: Simmond, Sal

Tues Nov 10, 2015

2.75
HUAL - Being Wrong (cont)
- Chiason on poetry update/t1
- Schulz NYMag 2012 book review

Our mistakes disturb us in part because they call into question not just our confidence in a single belief, but our confidence in the entire act of believing. When we come to see one of our own past beliefs as false, we glimpse, for a moment, the peculiar structural possibility of error: our minds, the world, the gap between them - the whole unyielding shelling.



Dinner w/ Nikki (Hollan Market) & Hamilton
Wonder(n): the absence of answers, the experience of awe.

Prayers and personal ads are only answered when a person draws himself, his own needs and perceptions, so movingly that he conjures an answering presence where none existed. - Chiason NYr

We can't always know which of our current beliefs will someday come to seem ethically indefensible - to us or to history. The bonds of a community are just too powerful, and the aperture of its lens too narrow, for any of us to know with certainty that we are acting more freely and seeing more clearly than those whom history has now condemned as wrong. - Schulz p 158

War and sport give humans a clarity of focus that life as a whole, in all its complexity, withholds.

Wed Nov 11, 2015

FARGO

2.75

Politics is a form of anger

TV You're the Worst x2

Last Man on Earth ("boon")

Moving furniture (and dodging kids) at Carolyn & John's

Talk to Ogechi: Valentines Day Spectacular sat Feb 14-20

I don't think this ended up happening.

We had spent V-day together early that year (2015) while she was visiting her brother in Boston.

- Lepore/Constitution 2011

- Parker/Hitchens 2006

Pod: Prophets (cont)

4 meet over what Jost

champagne, lobster, anal sex, picnics

Sun Nov. 8, 2015
9-1 Lower Manhattan
BLISS HAMILTON

6th - Houston - W Broadway - Chambers - Broadway
Battery Park (Vision in deep red pants) - Harbor
Greenwich St - Hudson - Huratio - High Line - 30th - 3 Train

MegaBus madness @ 34th ~ Hamilton (reprise) as Sun sets over NJ

Excited About: XC regionals; walking commutes; Cooking (Thur) - Eagles
Finch: Schulz book
Catch up w/ Mary & Dad on Couch; Talk w/ Noreena Stay up late (Lore);
11:30am

7:30am

Home: Anti-Rationalist?

Beliefs are really "rules" - Alison Copnik / Home, Buddhism, Sadness for action. - William James

Theoretic Instinct: part of human nature, & good name for a band or podcast.

Distal Beliefs (Ray & Laura) about lay 2003

Sally-Arn experiment <4yrs

Belief: Sometimes we just can't in the norm @ the night time

WTF LORNE

IGNORANCE · IDIOCY · EVIL ASSUMPTIONS

We impute bias and self-serving impulses to OTHER people's beliefs all the time, but not to our own!

When other people reject our beliefs, we think they lack good info. When we reject their beliefs, we think we possess good judgment!

perfect walking conditions!

Take it Easy

Left Manhattan on a bus back to Philly late afternoon.

Back @ home in Bryn Mawr

Adam's sister

WTF podcast with guest Lorne Michaels

very astute observation about human nature

• all days in Bryn Mawr, PA

November 12 — 15 (2015)

only time I visited was Jan 2010
for Clara Julian's funeral.

V.I. Lenin & countless
others.
(& sadly,
Mugabe)

① Book critic James
Wood another of my
writer 'crushes'

When all was said
& done, 131 innocents
had died, along with
7 terrorists.

② AS GOOD &
SUCCINCT LIFE
PURPOSE AS
I'LL EVER NEED

③ Hilanous synonym
for lothario/gigolo
Bedder of many women

MEN IN
BLAZES 3.0

Fri Nov 13, 2015

NCAA XC REGIONALS @ 12 - Wood on road How Should a Person be?

Villanova Men's Team @ - Lepore / Obama: the Prequel

Tierman wins by DOM - Wood / Knausgird

PARTIS ATTACK
(last 2 IP n-read)
Purpose: To see the
world through ②
wondrous eyes, and
to practice empathy &
friendship with people
I meet.

Ray called to tell
Frank FB story on
walk back home

on walk to work ③

World Class Stickman
(Dicaprio & M. Burgess)

③ The Gospel According
to Mac

SoCal / M

San Emigdio

San Gabriel

San Monica

San Bernardino

San Jacinto

San Aniel

Sat Nov 14, 2015

Bibi & Barack
(the exoskeleton of a contentious
relationship)

hmm - CRISPR, NYr

A Century's Decline, Szymanska

Pods: New Yorker Radio Hour (surfing, 22 kids), Simmons/Hayes

Library: Letters to a Contemman; History of God

- Saks Personal History NYr

Vanessa: BWI - Hopkins - Hen / Lasagne & Apple Crisp

Joe & the Night: People acting differently around more

Skepticism
vs.
Cynicism
[My thin blue
Line]

→ Vanessa Wanjeri now works in Palliative Medicine
Her mom, Wambui, was a caregiver for Nonnie ~ 2005/6

"The brain is still the place in the
universe with the most unposed
questions" - Zhang, NYr 11/6/15

③ Alec Baldwin/
Dan Rather

Thur Nov. 12, 2015

St. Croix

Hamilton 1769 (iv)

Clarke 1989 (iv)

220 yo expanding

hmm

The FDR/Jefferson

Contradiction

- Gopnik on Glucksman 2.75
FOR
(be against the bad bc you can
never be confident about the good,
and must at least to 2 when doing
your moral arithmetic.)

"FDR's political agenda was the
epitome of everything that Jeff despised and
villified as despotic." but FDR venerated him.
IN THE PURPORTED DIALOGUE BETWEEN TJ AND AH
ABOUT THE ROLE OF GOV AND THE CHARACTER OF AMER
SOCIETY, HAM HAS WON THE ARGUMENT DECISIVELY.
IN THE REAL WORLD BUT LOST IT WITH EQUAL DECISIVENESS
BOTH IN THE HISTORY BOOKS AND IN THE POPULAR IMAGINATION

- Joseph Ellis on Hamilton / NYr 2001

Baldwin? in Notes from a Native Son = What it was, after all, that moved white Amer
to such deeds (slavery). Mei. Seems pretty intimate, if you look at the way we
treat other sentient beings today (non-human animals) for our benefit. The
born-into assumptions of each society are almost universally binding and take
outrier thinking to overturn (often over long periods of time, and w/ the aid of
technology)

"Jefferson, the architect of [the colonies' freedom from Britain], could not reckon slavery's
to 11." - Lepore

→ 250 Golf View

Rain

→ 275 Bryn Mawr

Lighted Sun & Clouds

Such a difference in mood

ACME SUNSET

dinner
is
served

crab cakes;

asparagus w/ mushrooms

salad

P.O.T.D (person of the day)

Sally Hemmings

(1/2 sister of Jefferson's wife)

Mother of 7 of his children (6 US
(5 had lives) 1 - F)

222 9:15 -
5:10

Still shocking to
modern ears -
after his wife
died, Jefferson

I used to cook dinners for Mom
& Dad on some Thursday nights
Mom loved this. She still mentions
it to this day.

took up with the under-
aged half-sister of his
dead wife, who was a
slave.

my first date w/ Tiff was Aug. 27, 2016

November 15-17 (2015)

• all days in Bryn Mawr, PA

I re-read the Thornton Wilder play in Nov '23 & was reminded of its simple power as a reminder to appreciate life NOW.

Friday night Nov 16 1962

M's first date - Hartford HS prod of Our Town

GOOD

START TO THE DAY

Pod: Carlin Common Sense 3.0 m/j

hmm

Resiliency; Quickness @ taking offense. How does it relate to 4 Agreements and not taking anything personally?

Pod: Simmons/Sat → Ludington

Hopeless

Read: John Jay introduction, NYFB Luc Sante book

7:00-3:00 sleep

Netflix: Beginning of Malaney Special →



WhatsApp: Gillian

Henry Clay 1777-1852

(Telegraph tech in US

1844, 1961 wireless West Coast)

Tues Nov 17, 2015

- Gates, Energy Independence

- K Shultz / Weather in Literature

GQ: Simmons/Obama interview

CHEKOV: About Love

PENN MEDICINE

According to Hitch, Karl Marx's favorite epigram was, "Everything must be doubted." "Conflict may be painful, but the painless solution does not exist in any case and the pursuit of it leads to the painful outcome of mindlessness and pointlessness; the apothecian of the astrich." - Hitchcock.

3 CHILL

1. Bourdain - Jamaica
2. End of Malaney.

Must have Sweet Pot Green Beans

Mon Nov 16 2015

- Finish Saki "Altered States"

- NYr / Westboro Twitter Megan "Unfollow"

"Slowly, he fears about God's judgment - the first terrifying understanding of her faith as a child, and its most stubborn remnant - faded." - Glen, NYr 11-23-15

However we choose to interpret it, the human experience of transcendence has been a fact of life. Not everyone would regard it as divine... most of us find it impossible to describe this transcendence in normal conceptual language.

Sun Nov 15 2015

- Armstrong, History of God
- Franzen, Kenyon Speech
- Hitch, Letters...
(+ mile Zola / Dreyfus)



Gillian (M/Droom)

Human personalities unseen forces and make them into Gods - but w/ human characteristics so that we can relate and express an affinity with these mysterious powers and feelings. Armstrong (paraphrase)

- ✓ Sense and appreciation of the numinous (Yes)
- ✓ Ability to understand the origins of the world (No)
- ✓ Need for an ethical system of behavior (Can arrive at that through observation of life)



black raspberry

HOLISTIC VIEW OF DIVINE

CIRCA 8000 BCE - monotheism → TWO SPHERES

The gods and human beings shared the same predicament, the only difference being that the gods were more powerful and we immortal. - Armstrong

re: Jacob Beth-el story: "People would continue to adopt a particular conception of the divine because it worked for them," not because it was scientifically or philosophically sound."

Tradition Alert

PARTS UNKNOWN

BORNED

Omelettes and bagels on Sunday nights

Bourdain was still alive. He killed himself 6/8/2018

Alcohol! Celebration! Community!

Revised Quote: "To friend a person (to) is merely to include the person in our private hall of floating mirrors."

- Franzen, Kenyon College 2011

Love is about bodiless empathy, born out of the heart's revelation that another person is every bit as real as you are. And that is why love... is always specific." - Franzen

→ Thus why the term 'God' in its current context in the Western world, rings hollow.

→ seem so unfamiliar to modern eyes.

① What does "it worked for them" mean to me? That the belief system and attendant community rituals helps them live a more 'meaningful' & contented life. (I always thought Christianity "worked" for Mom, but not for me.)

all days in Buyn Mawr/Philly

November 18-20 (2015)

write Franklin Pierce's bio

Ludington @ Dark:

Passion Tango Tea

Jim Thrapp Bio

Btw the World & Me - Carter

Thurs (cont.)

Shrimp

Quevedillas

Salad

Apple Sauce

Chat w/ Gillman 12:45-6:45

Beginning of 30/30 - Dupont

"The question is unanswerable, which is not to say futile."

- Coates

Fri Nov 20, 2015

Binary Constructions vs more nuanced constructions.

Subtle question of language.

Reddit Audio Msg from Cassio M. Kali

First listen looking out on bright morning sky - BLISS

BUY UK COAST- COAST GUIDEBOOK

"The future will be an ever more demanding struggle against the limitations of our intelligence."

- Norbert Wiener

artificial /'ardəfəs/ polemic /pə'lemik/ ascetic /əs'edɪk/

-RR'NYRB* Under the Spell of Yoga

Union

Yoke

Yoga

The experience of pleasure as related to the exp of presence

Shoulders us could

Koran; 609-632 CE

How can the body and the senses be yoked so as to move toward the

ABSOLUTE

I am not interested in renouncing the world as much as I

am to experiencing it with Presence and less attachment to

the idea of permanence. 658

DOC (Hawth) → NTKL → 30th St → Audio Msg to Cassio (Pennfields) → Locust Walk → Nickie's 5pm SHARP

Spencer

Ant Junction

Panor Bar

Harvest dessert

Surfing Afterglow

SW Dive Bar GAT's

Shepherd & Nickie's

Wake up 5:30am home by 7:15am Sat

Ramen

Wake up 5:30am home by 7:15am Sat

Wake up 5:30am home by 7:15am Sat

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Wed, Nov 18 2015

write Pierce's bio

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in 1852 election, earning an appt as consul in Liverpool.

Pierce was one of the most effective Presidents ever.

3.0 DS, M

Early mythical cunts (in Elgar's book) show that from the first Yahwist demanded a violent repudiation and denial of other faiths

-Card on Robert Moses, NYr 1/5/99

To understand the development of NYC you have to read about Robert Moses.

#WSJ Book Club - Tolstoy (picked by Sanders)

Simmons - Klatsman on walk home

Tiernan, Williamsz, Denault on Nafun Trail

Open City seems a beautifully modulated description of a certain kind of solitary

humanism common to thousands of mid millions, of bookish types.

-Wood

Thurs Nov 19, 2015

The city is "open", but perhaps only in a negative way: full of people bumping their hard solitude off one another. - Wood

3.0 HOR

Against Fowle - Korea Bible

Wood on Cole's "Open City"

Perhaps this is what we mean by sanity: that, whatever our self-admitted eccentricities might be, we are not the villains of our own stories.

In fact, it is quite the contrary: we play, and only play, the hero, and in the swirl of other people's stories, insofar as these stories concern us at all, we are never less than heroic." - Cole

This is true of people, religions, countries, etc. Cole

Homo

Superns

100 billion stars in the Milky Way 111

100 billion galaxies in the known universe

the grand scale of Homo Sapiens roaming this planet each individual life occupies but the thinnest of shivers of this time scale. Like a grain of sand compared to a beach.

James Wood writing about Teju Cole's novel "Open City"

3.0 HOR

3.0 HOR

3.0 HOR

3.0 HOR

3.0 HOR

3.0 HOR

3.0 HOR

3.0 HOR

November 21 - 24 (2015)

Ah, nostalgia.
This was our first 'training walk' for our July-Aug walk across England.

② I love mom's open-faced Ruebens

One of my favorite poems... probably because much of my life has been "strolling through the fields of life."

MANAYUNK - CYNWYD Heritage Trail (3m)



w/ Dad

Finals "Master of None" (Wedding Vow scene)

Mon Nov 23, 2015

Wake up @ 1:37

DEAD OF THE NIGHT (couldn't get back to sleep)

- Gopnik on Scientific groundings. Coffee & E. Muffin @ 3am
- Ben Carson, NY 11/23/15 & Marco Rubio profile
"Like most popular political candidates, Carson promises to deliver his audience from politics." - K. Sannick

272

7pm

② Reubens

Morning:

Start-up

3.0

Tues Nov 24, 2015

I don't know exactly what a prayer is
I do know how to pay attention, how to feel down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I've been doing all day. Tell me, what else should I have done? Doesn't everything die at last, and too soon? Tell me, what is it you plan to do with your one wild and precious life? - Mary Oliver

McCourt (cont.)

FARGO



New Jersey Apple Stand w/ Spencer

Pods: Carolla-Carston/Simmons-Sol

CARLINO'S DINNER: Flank Steak / Mushroom Risotto / Chumy Ginger Ale



Warriors NBA Record 16 straight wins to open the season
DeMushked Lakers.

Kobe 1-for-14

hmm

A back-end to career from night Ester and I visited in 1997?

③ From "Angela's Ashes" which has always been a primer for me in how magic can happen when a writer finds their own unique TONE.

Babak corrected me this weekend. Twar 1998.

① I've loved Karen Armstrong's way of writing about the broad scope of religious creations by humans ever since hearing her interviewed by Terri Gross on Fresh Air in '09

when I was walking thru Maryland.

NBC -> BRYN MAWR

Sat Nov 21, 2015



3.0 Fresh Air (Abbas)

Ludwig Library

Bryn Mawr

NY Radio Hour

This American Life

Artchmore

Sweet n' stuff

WOMEN'S GK:

1. Molly Seidel (Notre Dame) 19:29
New Mexico Team Title (49)

MEN'S 10K:

1. Cheserek (Oregon) 28:45
2. Tiernan (Villanova) 29:11 !!
Syracuse Team (82)

①

The religion of the Vedas did not attempt to explain the origins of life or to give privileged answers to philosophical questions. It was designed to help people come to terms with the wonder and terror of existence. Designed to keep the people in reverent wonder. Asked more Qs than gave Ans.

hmm

The Gap between what we think and believe and what actions we sustain in life.

Sun Nov 22, 2015

(express things as probabilities instead of facts)

Brainpickings

Finch NY AI article 11/23/15

Frank McCourt, NY 6/10/96

Simmons, Morris & Lefkowitz (Artic)

4.0

No doctrine or dogma will ever provide a short cut for critical thinking and moral wisdom - Brainpickings.

Photos of my female friends from HS.

SWL - McConahay

"Alight, Alight, Alight"

VS. CROW

VS. RAVEN (stuffy neck)

Newt!

Ben Mawers

"Cold Little Bird"

Engelstein's theories w/ 1000 top used words

Effectiveness rather than philosophical or historical demon-

station has always been the hallmark of a successful religion - Armstrong

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Effortiveness rather than philosophical or historical demon-

station has always been the hallmark of a successful religion - Armstrong

seeing a murder of crows Sun. morning @ Hav

If I come back as a tree or a CROW Or even the wind-born dust, find me on the ancient road in the song when the wires are hushed...

-Paul Simon 'Everything About It is a Love Song'

→ The Q is who is using that tech: Joanne Poorman or Jerry Falwell?

I love a morning drive

November 25-27 (2015)

I love a sunny but cold Nov. day

Simsbury, CT

I've continued the tradition of listening to this pod on this walk

Sturge Wisdom (he only had 2 more CT Thanks givings left)

There are rarely, if ever, clear solutions. We most often have to choose from a lineup of less than ideal options.

Walk down Owens Brook to the walking path re-listening to Gopnik/Tippett
- Auden Poem
- 24/42 min marks
- Japanese Poem
- Carl Pepper
Thur. Nov 26, 2015 7:15 - 11:45
On the road to Simsbury
Pods: HOR, Paul Simon, Simmons/MBJ/Rondstadt
Eagles
Busiest Starbucks Danbury
Sat w/ Melissa, Danny, Allie - Kept it to one plate...
Then over did it with Watched The Machine (Danny's Pick)

different ways different consequences not binary

We ARE ALL JUST MANAGING REALITIES - Sturge

Fri Nov 27, 2015
- Tis, McCourt
S w/ Katrina (14)
Memphis/Texas
1 hr 20 min convd

Movie Day & Night
Fruitvale Station w/ Mel (traved up)
...Then
Easy Rider w/ Mom, Dad, Nance & Den (maybe worst movie I've ever sat through)

Patrice Part II 2:35-2:45 mark

Fireside Chat w/ Nance, Dad & Den: Iceland, Edinburgh, UK trip, taking results personally
weed legalization, 1968 family history, mortality, trains and bikes across Canada & US.
LOL Melissa's story about Debbie's white wine, what is Scotch, Beatles history
old movies acting

Eggs, Bacon & more coffee
Salad, Guac & Chips
Discussion w/ Dad, Nyah about MLK, Segregation, Coloring of Bees, Relative Speed
The discharge of heat into the air by lightning, not knowing as much as we think we do and not

Patrice Notes:
- Full moon
- Wisconsin
- Gay - Sfa
- Cam 2 Cam
- Mike Beaches
- Hotel Wicker (Standard NY)
- BDSM
- Spanking
- "Good Girl"
- (Clerk Shop)
- "Daddy"
- applied affection
- hear his name
- following instructions

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Sunny Cold Wed Nov 25 2015 Fly me to the Moon

- Gopnik, Sinatra bio
History is what we have to struggle to remember, even when legend is more pleasing. - Gopnik
[I.D.N.K.T.] John Lennon was an angry, mean drunk.
Paraphrase: The BIG questions can't be answered definitively, they must be "lived" so that we might "gradually, without noticing it, live along some distant day into the answers." - Rainer Rilke

124 Osborn w/ the bar
Worths
Chips
Wishhaddon
M Y S T I C S
Rilke (1875-1926)
Rumi (1207-1273)
Gibran (1883-1931)

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Died the age I am now (51yo)
Three score & six

Only made it to ~48yo

I never feel worse, or less astonished by the beauty of Life, after reading poetry. Yet I never read it enough - maybe bc it is the quietest of joys and my mental reward system is usually craving

November 28-30 (2015)

• Drive back to Bryn Mawr, PA

② Cedar Waxwings are one of my TRIUMVERATE of favorite birds along with:
Baltimore Oriole
Scarlet Tanager
All rare to see in these parts.

This is a ← Sleestak from the 1970s kid's show 'Land of the Lost'. For a while I used it as a funny shorthand for time I 'lost' haunting the phone lines looking for an exciting woman to talk to.

Tam Woke up in the blue room in Saugerties... chilly!

- Stacking wood 4 Peter

⑤ call w/ Katrina
- GOT
- PM Megs

End of Fall Run/Walk around Trail - NYr Radio Hour



Sun Nov 29, 2015

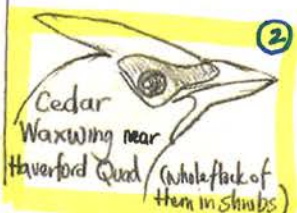
- Coffee w/ Nej & Esme (baby's smth)

- Walk around the grounds (Mind time traveling out of the sight of all habitation)

Haverford Nature ZOES STEAK KABOB

SuperMensch (doc-start)

Koke announcement re: @end of season
Bnruw - Pats (reminder how boring I find NZ)



Spotify (Patricia's List)

- Joss Stone's voice
- Susan, Rising Appalachia 4.5/5
- Soul Provider, Bolton 1989 (Soph/Junior)
- Offa Space (entire songbook)



Sat Nov 28, 2015

- Tis (Army Training Fort Dix)

"DiAngelo... wouldn't give two cents for isms anyway because people with isms cause all the trouble in the world and you may have noticed there is no ism in democracy."

1. Last book I read?
2. Song I've been listening to quite a bit } what I'm listening to in my brain

EAGLES

Thigh Drumming
Backroads thru E. Conn Mass
Columbia City, NY
then Beautiful soundtrack

- Gopnik 'Vancouver: The Big One' 2-25-10
"...I can assure you that Canadians are not nice. They are just socially graceful, which gives them the appearance of niceness while actually carrying considerable reserves of disgust and disapproval..."

PING PONG ①

EXTRAVAGAZA

only 1 loss (1st game)
then undefeated in singles and doubles



- Another Saugerties edition of Kids Gone Wild (emulated by Cynthia the nanny about not wanting kids after last year of being a pair)



Family Dinner (Squash Steak - Butternut)

Move pong • cards • asleep around midnight

↓ omaha ↓ hold 'em
doubles mississippi

Short chapter of Tis

Mon Nov 30, 2015

Walk to Haverford • Burr/Rogers
Burr Scatology bit
Operation PaperClip

- 5:30m Mike O'Brien (LOL)

Track Girl Stalking @ H.L.

- 5:30m Video interview Tieman

"I think we lose track of the literary energy needed to break down taboos in a time when the taboos have so entirely fallen."
- Gopnik (on women readers of Updike & Roth)

Walk home - Smoking/Sal, then

Gopnik BBC4 Walk to CVS

Straight to Gym 3.1m

Stopped Eating 7pm

- NYr Comments in Bed

⑤ Jenn Portland (France)

"Contradictions don't indicate falsity; they suggest complicated truth."

Wernher von Braun (1912-1977)
Rocket Engineer NASA & Nazi Germany

TP Turkey Chili, Pizza, Warm Bread, Pumpkin Pie

When it comes to sex with children or by force is wrong, the rest is just the human comedy unfolding as it will

I remember the EXACT lane I was walking on when I first heard this. So succinct & true, & yet so foreign in its relative freedom to what I was taught through word & osmosis growing up in the Presbyterian church!

• Drove from Simsbury, CT to Saugerties, NY to visit Endel @ his sister's house.

Since 2015, Saugerties has become an enjoyable get-away for me... with a STRIKING view east across the Hudson Valley. In Feb 2018, Tiff, Taylor & I would watch the Gulls win the Super Bowl there!

① We'd held Endel's bachelor party weekend here in June & rented a ping-pong table. Endel's brother-in-law liked it so much he bought on by November... so now we had a perfect place to go at it on the top floor of the renovated barn.

• all days in Bryn Mawr

December 1-5 (2015)

(Non-Human)

NO RUN ::

WALK TO SPENCERS
@ 9am (Simmons on Koba)

Stay until 3:45

Walk to Acme (Hamilton)

- his rap on bottom field @ Haverford

S Nikki Charles

10:30

Thurs Dec 3, 2015

Vigilante's Office
in Philly (Gout)

[overheard compliment by scheduler] **one never forgets a random compliment**

\$40.80 dinner Strip Steak
Roasted Potatoes
Garlic Steamed Broccoli

Walk to Ludington (To: Beattie, Gopnik)
- Read bit of Burr, Sir
- Pick-up Winter by Gopnik

Beautiful Morning

YUM!

Fri Dec 4, 2015

To be modern is to let
imagination and invention do
a lot of the work once done
by tradition and ritual - Gopnik

Diane Birch YouTube

"Stand Under My Love"

- Gopnik, Winter book

Baby, It's Cold Outside
(Neptune's Daughter)

Vivaldi: Winter Suite

hmm 1530-1850
A "man" sea age?
(certainly Europe, at least)

5K (Laughing on tread)

MID re-Roxy poetry

Patrice

Recs:

Betty Ryan Dec. 1940s/1950s

Lat 30 seconds - my meg

The Walk (+sex)

Nails

song story

Gopnik

Gill

CARAMEL
MAGN

@crowded
Starburds

Bettie Page Doc

NETFLIX

(fotichistic complexity of design
is timeless)

Sat Dec 5, 2015

NO RUN

Laundry

Patrice

meg

Omelette Night

1 day early

The Take

DAY 1

A Fuckin' Break Tour

- Gopnik, Table Comes First

- Gopnik, Moth video

Walk → StartUp

Walk ← NYr Radio Hour

Man and Dad visit

@ Spencers

A VERY MURRAY X-MAS

musical

(hmm) I couldn't learn
Spanish as an adult

because I couldn't be

childlike in my exploration
and failure

Excited About Dec

• Steak Night (Keens)

• Letter Writing

• Transparent

• Gopnik Books from Library

• Spotlight Night (Zante!)

• Continuity of Christmas

Tues Dec 1, 2015

- Thruja on learning

Italian

"I trade certainty
for uncertainty."

[Metamorphosis quote]

End of 12-7 NYr story

Full TP

Pods:

Gopnik on Anxiety DOC

BBC4 - Rumi

Gopnik - Love of Nazi metaphors

How to respond to a bad review

CONFRONTING MYTHS (CONVENIENT
FICTIONS)

Individual

Cultural

National

of every Decen and every nation.

"The writer... must be wary
of every Decen and every nation."

even his own nation.

About the coverage of
Catholic sexual abuse in
Boston

(so Dad)

SPOTLIGHT @

Bryn Mawr Film

El Limon

Clitopia Fajitas

222 9:30

[Sixers beat Lakers - Last Kobe game in Philly]

CH 33

Wed Dec 2, 2015

GWA

S Nreema

Jeanine (GA)

222 Past midnight

- Scotch Whisky NYr article

- Dapper Dan, NYr 3-25-13

4-6pm Land of the Lost

6pm THAI FOOD!

- Massaman Curry

- Sautéed Calamari

HOME ALONE IN THE EVENING.

TV BINGE

FARGO ep 8 (wow!)

YTW

Brooklyn 99

Comforting
MYTHS:
we need a few,
just not too
many, and not
thought to be
objective truth.

Game
Wild
Audio
(a subreddit)

A Very Murray X-mas has become a yearly
holiday watch for me since this first viewing in 2015.
It's tone of bemused melancholy set inside the
Pierre Carlyle hotel in a Christmas Eve blizzard is <chef's kiss> Also, great soundtrack

① I spent ~6 weeks in Guatemala (Xela, mostly) in the summer
of 2001 trying to learn Spanish.

In 2012, we visited
Newport, RI together

pronounced "Jill"
(an Aussie)

S = Skype Call

from you-
know-what!
(stroke town)

② I could mull on this for days.

turns out I have higher BP

December 6-10 (2015)

all days Bryn Mawr

b. 1923

Mary Johnston Spencer
she'd have 2 more birthdays, dying in Jan 2018 at the age of 94.

hmm what is my blood pressure?

Tues Dec 8, 2015

12/80 normal or >?
3.1 Pods:
FashAir, Rick Moody
Hudson Bram, Burr
Graunwald/Noah

The Wayfarer, McGrath NY
Research Laurens-Lee Ducl
(Philly, near Frankfurt creek)

COSI pizza + Milky Way

NETFLIX
There Will Be Blood

4th Quarter
Warriors
Pacers

DAY 2



Longwood Gardens
w/Spencers

Wed Dec 9, 2015

COOKING DAY
Lemon Chicken
Barshy/Bog/Basil

Finish Wayfarer
5:30 PM piece NYr by Transplant Writer
Gladwell, Cancer treatment book review

Pods: Bill Burr, Sir
Simmons/Katho Nolan
End of "There Will Be Blood"

3.1
Reply All
Bacon Wrapped
Chicken Breasts
& Stuffing

SERIAL, season 2

Thur Dec 10, 2015

THE DANGERS OF
CERTAINTY

5K
PosCast
DALIA

Nara Ferronism, NYer

Do you have a story? Do you believe in it? certain about? Question it!
Does it make you bend toward empathy & compassion? S
"I'm starting to find pleasure in waiting for something to happen in your skin again
How does one make its peace with the unknowable? Pursuit of money. Of fame
What are the shoulders silently project onto others? Loss of supernatural beliefs. Of lack of tolerance. Lose those. They are clouds, like my clouds - and they will have their own consequences.

②
The peace of mind I found, largely alone, on that white water mecca, convinced me that life was capable of exquisite pleasure and undisciplined meaning deep in the face of failure. Dick Constant

Thought of the Day: I don't like the 100s of little disappointments

The decade that followed brought high times and hard times, and that hard times usually came from Jessica's thrill ride to her closest saviors... In some ways Jessica was lucky. Not everyone survives that, right? - LeBlanc

Sun Dec 6, 2015

Brainpickings (Camus)
Patricia Innomina Cum
Landing From the Sky, LeBlanc (NYr)

DVR Binger: SNL (Gardling); You're The Worst
Katrina: Amazon Country Club Series

Dalia: Evening (G.O. w/Christy)

Monday Dec 7, 2015

3.1
NTF
Cordan
Dad's Keith
Compliment
(late 20s)

Part of it is the fiction of being alive. Every step, you are making up who you are. - Eileen Myles
Regular Congress, Lizza
Big Short Review, Lane
Annie Levy on Jill Soloway

A society, almost never, only begins every success story with the chapter that most advantage itself, and in America these chapters... are an end to the singular notion of exceptional individuals. - Gates

To do evil a human being must first believe that what he is doing is good, or else that it's a well considered act of conformity with natural law. - Solzhenitsyn

pg 119 The Question of what it is to be a member of a "race"

4pm Anita called
BRAD W.
1968-2015

Fuck - this was the saddest of days. To get a call, out of the blue, that my cousin Brad had died in TN. He was a few years shy of 50, leaving behind a wife & two boys - one mentally disabled. Tragic. Unexpected. Some heart condition apparently.

The Days of Abandonment Ferrante
@ Starbucks outdoor table, 4pm
Kumbi
9-10:30

① 'Exceptional' at a specific thing often gets generalized to hero worship of the whole complex person which, IMO, is a grave error.

Humans are rationalizers PAR EXCELLENCE!

I still feel the sadness of this today, 9 years on...

This organically became a running theme that would crop up in my reflections, and these are my own words - not a quote. There is no objectively true Story that works for Everyone. So choose one you can believe that helps you tilt toward love & compassion and away from ... let's call it solipsism tinged with self-righteous certainty.

December 11-13 (2015)

1 & 2 seasons I ♥ ... lost the same zest for season 2 binge me after that.

Bill was always super kind to me — & such a huge supporter (& host) on my '09 walk to New Orleans. (I'd forgotten he died a week after Brad)

Sto. Drove back to Bryn Mawr @ 8:30am

just one of billions of galaxies!

vast SCALE of LIFE

Bill Evans passed away
Mom texted me as I got out of the subway @ 137/Broadway
Rest Peacefully Bill. You made my world a brighter place. I'll miss you

NETFLIX
Todd Barry
"Good Work"



ZZZ Nap

words to live by!

"But then the last man who ought to point that finger is always the one who does."

(Note to self: Look inward when desire to point fingers rises up) — Copnik / Galileo Article

nsf.gov.
"Understanding the nature and appearance of our galaxy is no small feat, for we live within a disc of obscuring gas and dust. Est 2015: It takes the earth 1 year to orbit the sun, and it takes our sun 200 million years traveling at ~ 800 miles an hour, to orbit the center of the Milky Way Galaxy."

3 BILLION: Multi-Cellular Life on Earth	66 MILLION: Extinction of Dinosaurs	200 THOUSAND Y.A.: Homo Sapiens evolve
10 THOUSAND Y.A.: Dawn of Agricultural Era in Meso and modern-day Iran	400 Y.A.: Scientists (Copernicus, Kepler, Galileo) start to see Earth revolves around the sun	
150 Y.A.: Darwin revolution Origin of the Species	5,800,000,000,000 (trillion) miles 9,000,000,000 (billion) miles	

SOL (Chris Hansen with Will Ferrell Cold Open Angela Merkel)

or 8.3 minutes from sun to earth!

beg. Oct 2011

Ergo: Light can travel from Earth to edge of our solar system in roughly 14 hours!
2nd nearest star is Alpha Centauri system, 4.2 light YEARS away

Sun Dec 13, 2015

Coffee @ Unfiltered
Opposite Way Memory Palace

"Butterflies" Convent → 150th
Don Carlin Common Sense
Jeffrey Tabor Fresh Air
Home @ 10:30am / Call Night Exchange
Talk w/ Jamaican woman just out from church

I'm fascinated by recognizing the folk orthodoxies of this time

My thing is, all sorts of irrationalities can be fun to indulge, so by all means, indulge if you will, just don't convince yourself it's not an irrationality. Have at least that intellectual honesty. It doesn't have to kill the fun. (Copnik: Galileo might have believed in astrology)

This blows my mind (as does the fact that space itself is expanding 'faster' than the speed of light at vast scale)

transparent

Fri Dec 11, 2015

Ep 1-3 (last night)
Ep 4 6:30am
Ep 5 9:15am
Ep 6 5:00pm
Ep 7-10 7-10pm

Secrets
Childhood Trauma
Looking for love outside myself
No Accepting What Is
Worms 20TW
24-0

⑤ Gil
(can't keep doing the late night thing)

Awake @ 6:20am
Back to sleep til 7am
Off my routine/Change clothes / Forget Gloves / No caffeine
Leave Apt @ 7:45am

Sat Dec 12, 2015

Park @ 150th / St. Nick

10:45-11:45 NYR Radio Hour
Jacob's Pickle packed!
45 min wait
Brunch w/ Ursula
fillin' out damn jeans like a motha fucker (LOL)

Santa Con
Bill Burr, Sir!
MADISON SQUARE PARK

BLISS walk

Amsterdam, Morningside Hgts
Columbia bookstore / Piano Playing looking out over Harlem Flats / Paul Simon underneath the Great Hill.
constitutional 1/2 around reservoir then south to 60th → Park, through Grand Central → Listen to Hamilton in a packed Bryant Park.

KEENS

(with Spencer a "chronic kicker")

"Another word for obsessions might simply be love."

interlocutor (1))
in-ter-lok-yuh-ter
3. A person who questions

For me, what falling in love means is different. It's a matter of suddenly, globally, "knowing" that another person represents an only access to some vitally transmissible truth or radiantly beautiful mode of perception and that if you lose the thread of this unknown, both your soul and your whole world might subside forever in a dark, lifeless state of ontological impoverishment.

reads a bit too hyperbolic for how my brain is wired.

drive to NYC

BLISS walk is high praise for a walk, the highest maybe.

Tip Nick Cage
Just a glorious day of flaneur-ing thru Manhattan

I believe this is the night I predicted Ray would be married by 50. Four years later — he was.

December 14 - 17 (2015)

• all days in Bryn Mawr, PA
I was reading Adam Gopnik's book, "The Table Comes First"

Table Comes First"

① Condolence cards -
Jeff is Brad's brother
Jeannette was Bill's wife.

② I'm forever fascinated
by this. There is a great
Will Smith quote about
it to - about what
happens when you get
to the "mountaintop"
of your big goal - only
to find it hasn't 'fixed'
you & that you are
facing the same internal
struggles as before.

2b connected - we
feel better IN THE
PROCESS of striving
toward a goal than after
we've achieved it.

This is beautiful & I
think Tiff & I achieve it!

then ☺

Wed Dec 16, 2015

10:00 Dalia 35:00m

Walking Peds: Goff/Gans Sinatra FA Interest Rates

HC

DAY 3

Robin Wright, Arab Springs Redux

Spinach Smoothie + Acme Sushi

5-6:30pm FARGO FINALE

8:30pm [Ravenous Evening] [Anxious (Nails)]

Jerba Tarmah / Baldern Thilly run

Thur Dec 17, 2015

Nepal medical mission NYR

Gopnik, Recipe chapter

Accept the Gospel of Good Living and the sexual problem will be solved - Elizabeth Pennell

What happens when the external enemy is lost or disappears and one turns inward? What do we see?

"The act of writing ends up mattering more than the fact of getting." - Gopnik

The cycle of desire and disillusion is the game, not a sign that you simply haven't found the right dream and the proper execution.

My anxieties: is masturbation just a different manifestation - like fingering/picking/biting?

Adam Phillips

Our wish to be understood can be "our most violent form of nostalgia."

Rilke: I hold this to be the highest task for a bond between two people: that each protects the solitude of the other

- Ricky Jay NYR 4/5/93

RAY

RAIN

Let Day of Listening to Xmas Music - Whitney Chance - Radio w/ Dr. S

Powerman Award

③ I've never more quietly content on a walk than when internally practicing UOA - Universal Other Acceptance - just accepting every one around me for who they ARE not who I'd prefer them to be!

Mon Dec 14, 2015

6:00am

Chot w/ Dad re: Astronomy Wormhole

3.1 Reply All

Talk Pieces: King Charles, Lin Mauchly & the Museum, Trump Place, Chicago Police

NX blog: Rapa/Hamand Law

Pod: Simon/Sal Todd B/Mashe

Chaotic Dunkin D @ Lancaster/Acme

FOGGY MILD

Dalia

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6:00am

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Pod: Simon/Sal Todd B/Mashe

Chaotic Dunkin D @ Lancaster/Acme

FOGGY MILD

Dalia

Tues Dec 15, 2015

GRIND IT OUT 2/17

ALL CIVILITY DEPENDS ON LITTLE LIES (a touch of pretense is nothing to scoff at)

Pick up Dad

COLONOSCOPY

8 yrs waiting for me

Wine, though clinically a depressant, forces us to feel happy for no reason; as we like France, the now sink, we search for pleasure.

Coffee, though a stimulant that should propel us out of our seat, lets us concentrate more frantically on the task at hand.

Bedtime, Parks NY

African Queen w/ Dr. S (Bogart Oscar)

Walk Pod: Barry/Kasher The Watch

Walked out of Starbucks because it was too busy and line wasn't moving

Carlino's dinner w/ Dad & "The Four Falls" 30 for 30 on Bill's 4x (loser memory got dck. I remembered Norwood's FG miss as shorter (it was 47))

GOP debate tweets, then

37:00-39:10

Mashe Kasher: I believe most of the problems in the world are based on people's desire to know absolutely what is true.

Got D (Guest of the Day): #thatwassup

THIS I vividly remember listening to while walking on Hav Road just passed the college on the way to Newt's.

→ This might have been days away from the time sink of fantasy/masturbation/phone lines.

→ got my first one in 2022 & it wasn't as bad as I feared!

• all days in Bryn Mawr, PA

December 18-23 (2015)

② Most people might reject this thesis - I do not.

walking from 275 S. Bryn Mawr Ave Apt H1 to 25D Golf View, Ardmore via Haverford College.

③ I celebrated going 7 days with a phone 'banger' with Jackie.

Another of my yearly X-mas re-watches.

[Hm] This must have been the APEX of my interest in cooking thanks to Gopnik - alas, it did not form a long-term habit. I hardly ever cook today (2024)

Leftovers Season 2 (ep1)

@ 2:30am

nap 4-bam (Weird David

Sanders & Patriots/Dolphins

dream)

3.1

Start-Up

3 Gratitude's

Journaling

Exercise

Meditation

Random Act of Kindness

4:32pm train → Bryn Mawr

Union League Lunch; Usha showing

contribute to work

Can I Intercast You, in Hannukah?

World Philosophy chat w/ mom and dad over

Afternoon

3.1

HUAL

Walking Pools:

Barry/Nicko

Meatloaf/Beans/Mashed

The Watch

Gray on

"Atheism"

Have an all limited by the era we are

part of

2 FREEMAN

AMER. REV. LECTURES

4 min on one side, 3 on the other

(perfect for any picture of a bone)

YouTube: Cooking Vids

Roast Chicken, Riddling

Pods: Anna Sinc, Georgeann

Supper

Dr. S → Haircut in Fog, Rain

Leftovers ep 2

NASA Reddit AMA

Mon Dec 21, 2015

Shortest Day of Year

66k uph

1,000 uph

relation speed

(alotrich, sud)

TED POSITIVE PSYCHOLOGY

90% of happiness is predicted

by internal lens through which

you view your world. Not

external factors.

POSITIVITY IN THE

Walking 5th Street - Old City - Locust -

Rittenhouse - River Walk - Parkway

Free Library - Vetri (Hanson/Glazer)

HBO Log-In; Having a great

Start Love Actually

8

12:20

12:20

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12:20

12:20

In the US, there is a suicide every

18 minutes.

- Jumpers, Tad Friend NYr

"Everything is about sex

but sex, which is about power."

- Mumet?

Nothing that's human is

alien to me - Margaret Mead

Walking 5th Street - Old City - Locust -

Rittenhouse - River Walk - Parkway

Free Library - Vetri (Hanson/Glazer)

HBO Log-In; Having a great

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12:20

"His message, in sum, is

to recognize our crisis of

wonder."

Pods: Finish Serial

Simmons/House/Jacko

Tenor fill-in Jessica (dizz-amin)

Start n-reading Buddha

Boy by G. Sanders

2222

9:30

DAY 5

6:00am

4:15

HR

Sat Dec 19, 2015

Finish Buddha Boy

Table Covers 1st (email Nikki C.)

Prose Recipe - Part of Bangladesh

Lamb Leg Bacon

PHL-MAN

Booked!!

ACME/EMS w/ Dr. S

Walk across Polo Field @ 4pm with the

quality of light/wind/PRESENCE

Softa Coppola = nice voice

8:30 Too early

DAY 6

3am: Can't get back

to sleep → SNL

(eh, ting & amy)

DEEP TIME

(The universe, the earth,

evolution)

VS

QUICK TIME

(our lives, evernumous

experiences we have)

45 min Anniversary Podcast MJD

DAY 7

6:30!!

2222

9:30

DAY 5

DAY 5

Fri Dec 18, 2015

cont Ricky Jay article

- Transferru video YouTube

(skipped lunch)

3.1

HAP

2222

9:30

DAY 5

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DAY 5

Cooking 4 Day!

Almond Palm Crusted Tlapiao

6oz Tilapia/Red Snapper

Mex Dash

Cashed Almonds

Pavanean

Asparagus

Lime?

Spring Mix

DAY 5

DAY 5

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DAY 5

more than the Civil War

UNION LEAGUE

5:41 The Night It

TAL Happened

Walk (Robin)

6:30!!

DAY 7

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DAY 7

① & so it began... my organizing our Walk Across Northern England Trip (Jul-Aug) Bought these 2 fix w/ John's air miles.

must have been Dr. Spencer's 91st birthday.

The Richard Dawkins of his time.

Gopnik talks about this vis-a-vis Darwin It's hard to think intelligently about DEEP time because the scale of our life/experiences is QUICK time. (100yrs max)

December 24-27 (2015)

• all days in Bryn Mawr

(more words to live by)

wow!

① definitely in my top 10 Xmas songs

Dalia

Saturday Dec 26, 2015

snap

100

Escrow

(for Victory)

Family News: Susan

Jimmy back living together

Leftovers Eps 3 & 4

Itunes U

Nrall

Ferguson whik... 3.1

then

Columbia Astronomy Lecture

4th State of Matter: Plasma

!! (what all stars are made of.)

we are made of dead stars

Leftovers (Gaming Credits)

Todd Barry

What's the Tea

Finish M3D

Xmas Letter

Spencer phrases while willin'

"spooks" (near Yarden)

"she was all wet" (re MB Spencer / marriage)

10-2

Abby Quest

Yeech

4 hrs on the phone lines... searching... always searching

10-2

Abby Quest

Yeech

10-2

Abby Quest

Yeech

10-2

Abby Quest

Yeech

-Kate Jesus Blog

-NYT Year in Pictures

Walk Pods:

Reply All updates

Gopnik On Being (edited)

Turkey Stuffing Cranberry Sandwiches

-Finish Argosy Books

NY article

Reddit GWC catalyst

1000x yes

But things that defeat logic can often invite imagination, and as a fictional creation the idea of the Dark remains compelling exactly in its - in his - plurality.

Supernaturalism needs the core of sanity: but humanism needs humility.

CONTRADICTION CREATES CHARACTER. IMPERFECTION INSPIRES BEAUTY.

I had forgotten this comparison - Adam & Garden of Eden snake as Cain/Abel conflict.

Leftovers Ep 5 & 6

10-2

Abby Quest

Yeech

10-2

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Yeech

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Abby Quest

100

Escrow

(for Victory)

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10-2

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Yeech

10-2

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Yeech

10-2

Abby Quest

Yeech

10-2

Abby Quest

Yeech

10-2

Abby Quest

Yeech

10-2

Abby Quest

"What counts in life is warmth and energy"

-Gopnik on lessons from owning a dog

Family Tale of New York

Tea

1 Croissant

3 Salsas

Gifts from Spencers: Gloves, Wallet, \$

Menu:

Roasted Chicken

Roasted Sw Potatoes, Yams & Onions

Honey Glazed Carrots

Butterscotch Pudding

Cooking 4:30-7:30, listen to Christmas music

6:30-7:30 Julie & Robert Card

Drive to Del's Kelis from Xmas breakfast (SNL Vids/Basement)

Walk home / Hamilton / Fresh Air Best of TV, Movies (Mustang)

Julie's @ 4:30pm Discussion Topics: The same mottled intellectual and family topics. Carbon copy of many years.

By 9:30 I was so ready to leave, maybe even earlier. Hadn't had enough ALONE time.

Robert slashed Julie manic, Essie and Lena playing happily. Asleep by 11pm

DAY 4

Christmas Eve 2015

Writing Workshop Soup Kitchen

Jan Frazier

Argosy bookstore

NY: Janet Malachuk

Diana Birch

Gifts from Spencers: Gloves, Wallet, \$

Nikki 9-11pm (visit over her birthday)

Need Ideas

DAY 3

Christmas 2015

Amve Spencers @ 12:30pm

More Gifts! Sweater

Buffet (Chicken salad/consent)

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DAY 4

Christmas 2015

Amve Spencers @ 12:30pm

More Gifts! Sweater

Buffet (Chicken salad/consent)

High 74°F

FY: Nasa scientist thinks small signs of molecular life will be found outside of earth in the next ten years.

hmm FY: Only 6 people attended Thomas Paine's funeral. Is it possible to be too ahead of one's time and too outspoken?

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→ Only one year left as of now (2024) & this still hasn't been conclusively found.

② Last Christmas (2014) was spent in Scholastic - John's last.

→ I am, have been, and always will be an INTROVERT. I recharge my energy by being ALONE.

③ This photo on Reddit must have really made an impression on me to draw it, because I hardly ever - before or since - included NSFW drawings in these journals. Okay, I just remembered one other time. But I still love NSFW subreddits. They are a feast for my eyes when I'm feeling some sorta ways.

(2015)
December 28 — January 1, 2016

The only constant is
CHANGE

'Let the Mystery Be' was also
the Season 2
Theme Song for
HBO Show
'The Leftovers'

Nat Geo photo
of the universe



Wed Dec 30, 2015

Learn from NY on Israeli War
(Asieh Anini b. 1974 / Israeli Navy)
Pod: Scene on Radio: no Santa
- Dr. S stomach flu

SKIP LUNCH
FRUIT + TEA

(S) Nikki Charlow

Cheesesteaks at
Dellandros (Waybackpack) Laundry!

Steve King R.I.P.

3.1
Simmons/Sal

Vision
on my Left
Small, Kenyan
1/4 Jay/Tall/Tights
Nishu's Hair
Beautiful Lips!

Day 5
(tested)
but V

Yanni

8:45am Yelp!

- Nussbaumer on Transparent
Season 2

What is the tone / hum at
through the world?

direct, open, simple,
hospitable, sensual, witty?

Post: Marci/Neil Strauss

3.1
Burr SHAKE
SHAKE

- Grantland knew
of Strauss "The Truth"

LOVE WITH
NO NEED
TO PRE-EMPT
GRIEVANCE

DAY
4
PUCK
CRUZ

Alexander

To this day God is the name by which I describe
all things which cross my willful path violently and
rebarbarically, all things which upset my subjective
views, plans and intention and change the course
of my life for better or worse. - Carl Jung

Attentive Engagement
with life, that is

Monday Dec 28, 2015

- Gopnik on the mutability
of all, including monuments

- Lane on Hatful 8 & the
Reverent.

- Als on new Color Purple
adaptation on Broadway

insistent
(posters)

CREED

> "The Great Awakening in Frankfurt's Yiddish Rev Class Notes
- Noah chapter, McSwitzer "Good Book"

Tues Dec 29, 2015

- Wood on Yelavla Amichai
- Leavy on Genesis 23

- Wilkinson "He who struggles with God" Playwrights

"There understanding of the world was such that
large portions of their thinking were ceded to
supernatural beliefs and explanations."

"Only someone who gives you satisfaction can give
you frustration." - Phillips. / Do I insist on hearing
how much I am loved?

- Leslie Jones NY, Andrew
- Sam: My Demands, Rudnick (HAR) ★ Key & Pele binge

Clip: Rooftop Party/Louis CK/Jay Pharoah (HAR)

Hamilton on walk to Ludington

Pickup Jefferson/Adams Letter

Read NYRB 12/17 Peggy Guggenheim

"Prostitution unmasks the tension between bourgeois
respectability and lust." - F. Buruma

Everybody wonders what and where
we all came from...
And we worry about where we're all
going when the whole thing's done.
But no one thinks for certain, so it's all
the same to me - I think I'll just let this
mystery be.

Israel is a country founded
on spilled European blood and
transferred pain... both
of Israelis and those they
displaced. Playwrights

hmm

or "something"

LEFTOVERS 7/8

Postings
12/29/15
F
CE

Postings
12/29/15
F
CE

Postings
12/29/15
F
CE

Postings
12/29/15
F
CE

former colleague
at ABS: one minute
you're here, the next
you're gone.

Drive Bryn Mawr to
Harlem

Quick trip that
was shortened by
stomach virus.

The drive from hell—
NYC to Bryn Mawr
trying not to throw up.

Arrive @ 14TH
at 12:30

Cafe One/Memory
Palace

3.1
MiB

Buzz

Midrash story re: parting Red Sea

Down Amsterdam with Mann & Bill Burr, str.

Black and white duck diving in Park / Around the Reservoir w/ Paul Simon
(American Tune I'm sure)

2:30-3:30 walk w/ no pods along Lex and Park down to coffee by
39th & Madison. Cross town on 38th then up 9th - Chat to Pascal

Central Park West to wine shop at 116/8th. Back to car listening to
Kliph Nesteroff on Comedy history.

Thurs Dec 31, 2015
New Year's Eve

Good Things Happen
When You Walk

also...
- AJ Jacobs

"I am a big fan of
delusional optimism."

3.1
HUAL

Alexander

To this day God is the name by which I describe
all things which cross my willful path violently and
rebarbarically, all things which upset my subjective
views, plans and intention and change the course
of my life for better or worse. - Carl Jung

Attentive Engagement
with life, that is

Interesting take: God—
that which introduces change

Interesting take: God—
that which introduces change

Interesting take: God—
that which introduces change

Interesting take: God—
that which introduces change

Interesting take: God—
that which introduces change

SICK

Fri Jan 1, 2016

GASTRO-
ENTINITIS
(Noravirus)

Early part of day on Ursula's couch.

Left at 3pm - got home 5:30pm

In bed rest of day and night. Vomit 2x

I fit a lot of life into 2015. And death for that matter. It dawned while I was staying

with John is Schokarie as he was dying, too young, from ALS. Easter is when he died.

I moved back with my parents in Bryn Mawr without much of a clue what I'd do next.

But first — Ende's bachelor party in Saugerties, NY in June (same month as Dad officially retired). Then

Patty asked me to work with her

90 yr old father, taking him out for lunch every day. That became

what I organized my days around, but left me plenty of flexibility to take off long stretches of time — like the entirety of a month in the summer to go to Ende's wedding (co-Best Man!) and then drive

2015 In Review

THE BEST OF 2015

Walks:

- North of 45th to Inwood (Fort Tryon) (Claire/Boris/Blo Grande/Highest Point)
- Hamilton Soundtrack — Lower Manhattan
- Sunday Walk around Barkley's Lake w/ Dvorak (Infin)
- Oakland Cemetery Walk (Adeline/Smith) back down to Lake Merritt
- Griffiths Park — Tava Branch/NYr Fiction/Eagles/Commented Short
- Wingham (Sinbad), Godenchi (Lake, nap on bench), Stratford (Memory Palace)
- Washington Mall Loop (First NY, RadioHr, Death Sex Money, Botanical Gardens)
- Adirondack hike w/ Ende and crew — day before wedding
- Random moments: Giving toast at "Starchange" Tap Ridge; Singing Counting Crows blue Banter and Baker; Pick-up football bomb to Ivan; Looking out over Bay of Gdch; Mally in John's choir on Easter eve; Memorial Service speech, seeing Heidi, chugging up; Feeling the desire walking Vegas @ night; The month of writing the day of Presence (Haverford); Ice cream @ Handel's w/ Newt; Date w/ Nneoma in Tulsa (flirting/expectation); audio recording w/ Dalia; a grand first Nov w/ Nma, Ben, Dad; Ping Pong in Saugerties; Flight of bees w/ Rick @ Belcher Bar; Hearing Frank E. had died (Shoe); Hearing Brad had died (alone, in HI, Anita call); Coyote sighting of John

Birds

WRITER-OF-THE-YEAR

Adam Gopnik
the man.
the myth.
the legend.



- Scarlet Tanager (Central Park)
- Soaring Hawks (Haverford)
- Cardinals
- Blue Jays
- Goldfinch
- Cedar Waxwing (Quad)

SPORTS MOMENTS: SB Butler INT w/ John, Peter & Matthew • Villanova (M) 4x1600 w/ Penn Relays while I watched Jumbotron • USWNT World Cup Final Goal salvage • Bo H 100/200 @ World Champs (I Pile) Huddle 4th (Infield @ the tape) • Fantasy Basketball Draft last few days of John's life • Bautista's bat flip HR; Basketball game in Adams

TV:

- Transparent
- Fargo
- Better Call Saul
- Schumer (12 Angry Men Sketch)
- Man Seeking Woman
- Game of Thrones
- Broad City (Begging Ep.)
- Last Man on Earth (w/ John)
- Last Stewart Daily Show
- (J. Williams Spring from dance)
- SNL Hello pre-tape
- Thanksgiving sketch

Random (cont): Dad & I walking Manayunk bridge (Big Daddy); Coming up with the Ted Cruz fingernail idea (Dec); East African woman on the Redwys treadmill; night drinking w/ Ray's friends @ Dakota (dating advice); Cece grinding up at me at hookah bar on Ray's bday; Reading Fence's lines on phone w/ Joy; how hard to SD phone line woman made me C (Abby too); Bethand Russell Nobel Lecture @ 76th Broadway; Reading Seymour's @ John's table; Night w/ Carla after meeting at Springfield Mall; 2 Meals w/ Nancy H (bday VA/Baltimore); Tripidge waterslide; ever locked w/ Kate's UVA friend wedding walk-up; Hot Adams runs AM, hot Volleyball (and pick-up hoops); So Beautiful + picnic to NYC: waiting for people to arrive at Dad's retirement; 4th of July picnic church camp

RIP: John (1950-2015); Frank Fronhofer; Van Fronhofer; Theda; Brad Wells; Bill Evatt

Movies:

- Ida (Boston hotel)
- Spotlight (Dad/Bryn Mawr)
- Tangerine (alone Ritz Bar)
- Burns Baseball (w/ John)
- Creed (KOP)

Writing:

The Left Shark S3M

Songs:

- Winter's Ball/Helpless
- Fly me to the Moon
- Blame it on the Boogie
- Hello, Adele
- Churchyard Woman
- American Tune (Reservoir)
- Let the Mystery Be, Ins Bettonit
- Transparent piano solo
- Ed Sheeran song (Saxby's)

from that sojourn on Sept 15 — a day after turning 42. A month & change later I started these moleskin journals on 10/20/15 when I documented my life in more granular detail.

(Oh, between Sept 16 and Oct 20 I made it up to Hebron... where it all started for me in life.

*I wish I had been journaling like this on my cross-country trip but, alas, I can't have everything.

L'-fucking-Chaim!